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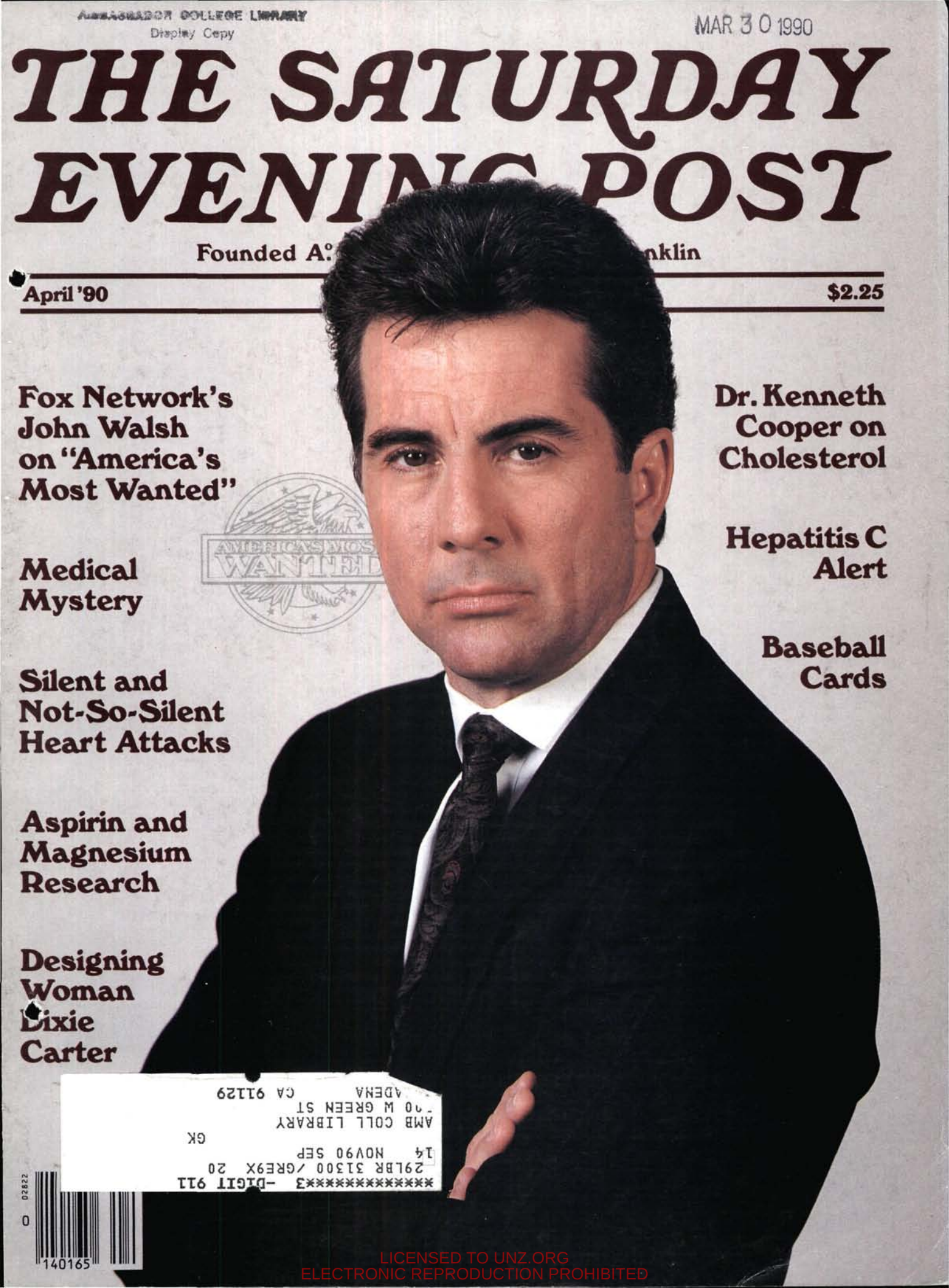

Fox Network's John Walsh on "America's Most Wanted"

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Aspirin and Magnesium Research

Designing Woman Dixie Carter

Dr. Kenneth Cooper on Cholesterol

Hepatitis C Alert

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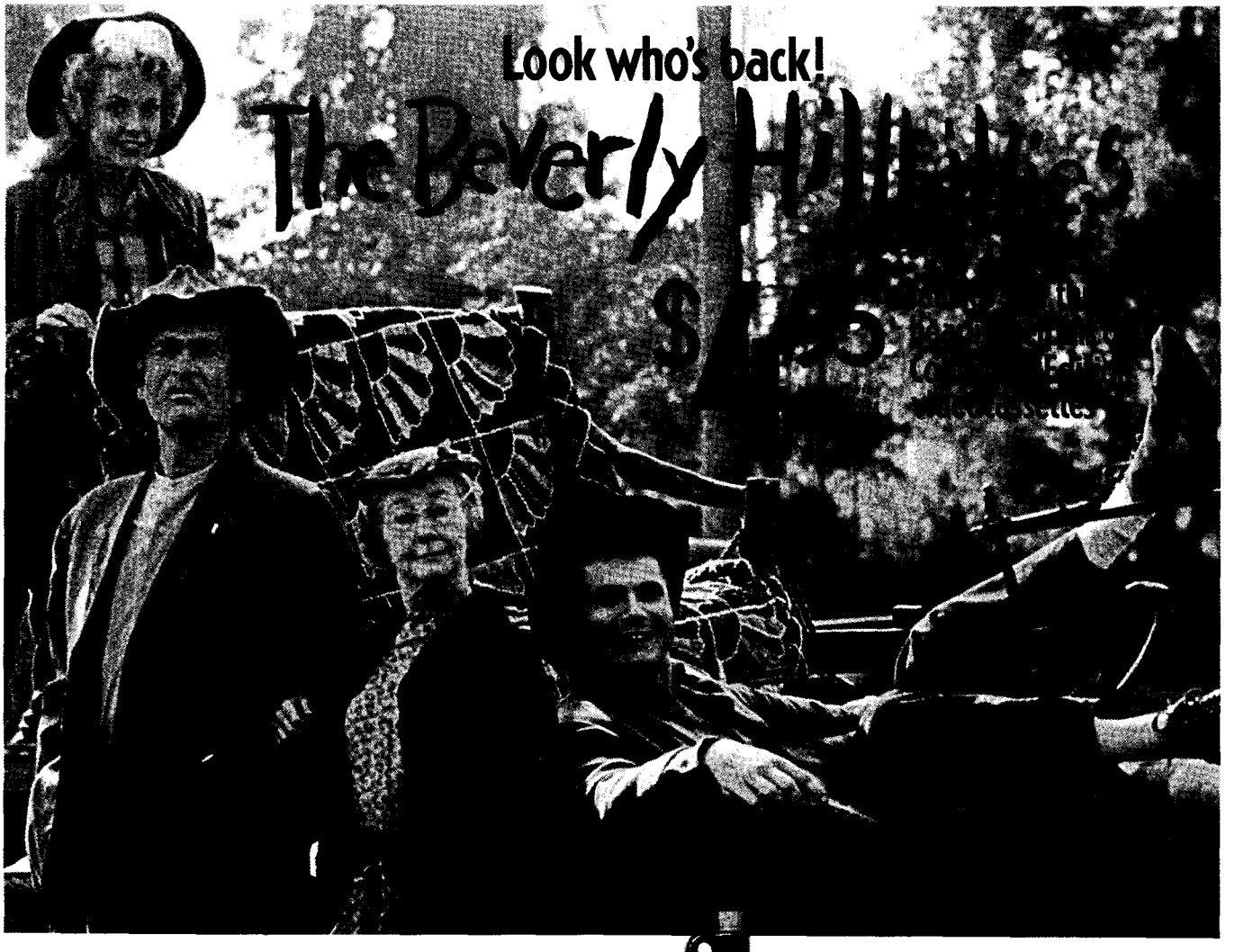

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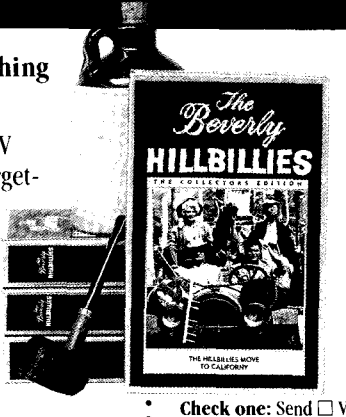

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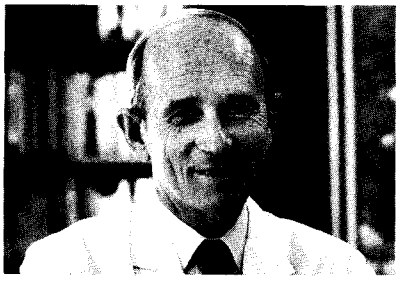
John Walsh—enlists TV viewers to track down our country's most wanted criminals. **44**

Designing Woman Dixie Carter—has designed her own life to star in both family and career. **52**

America's Hottest Investment?—It's in the cards, as prices climb to $100,000 and more! **62**



Foods That Fight Cholesterol—are part of Dr. Kenneth Cooper's heart-healthy diet. **40**

THE SATURDAY EVENING POST

Founded A.D. 1728

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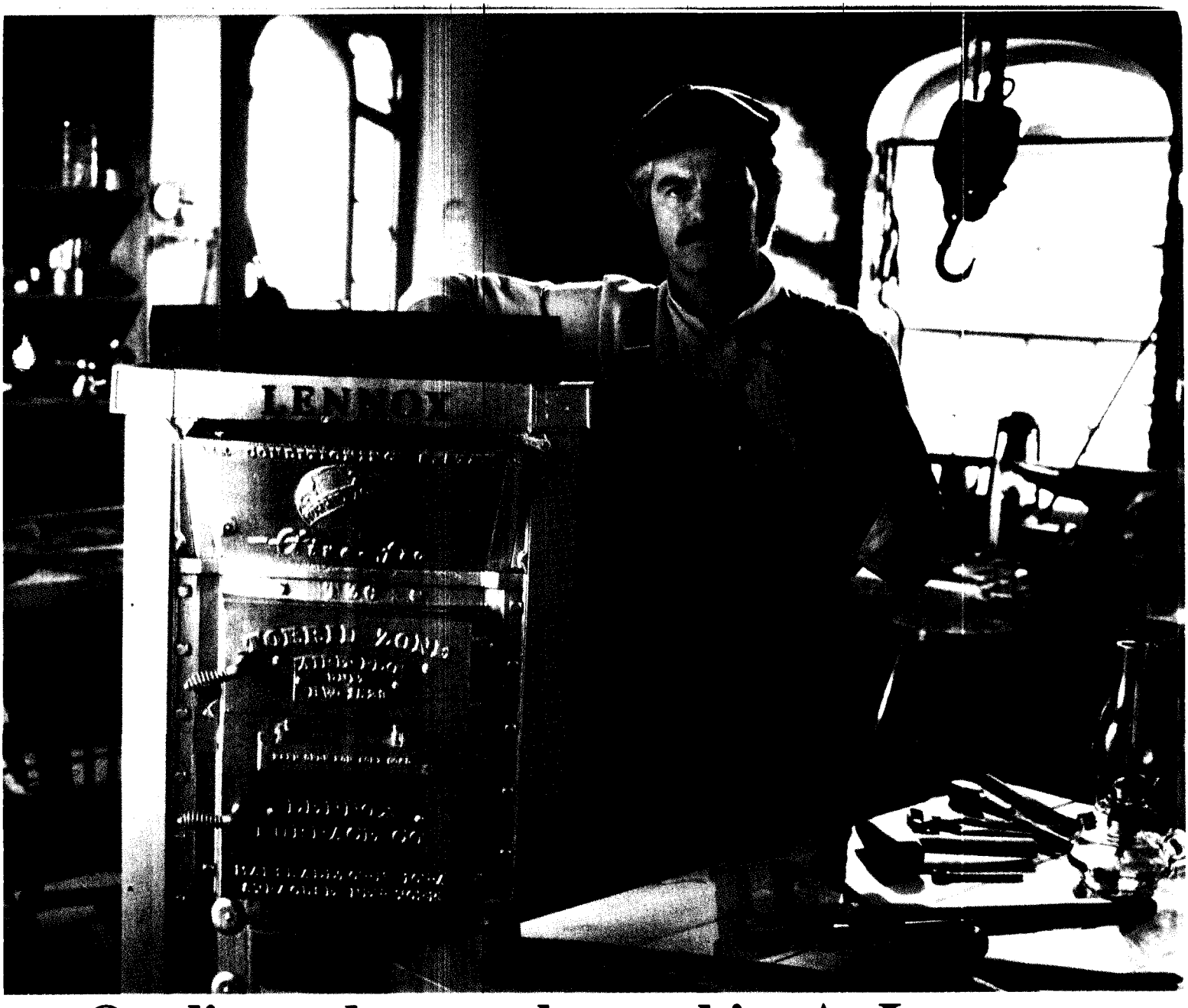

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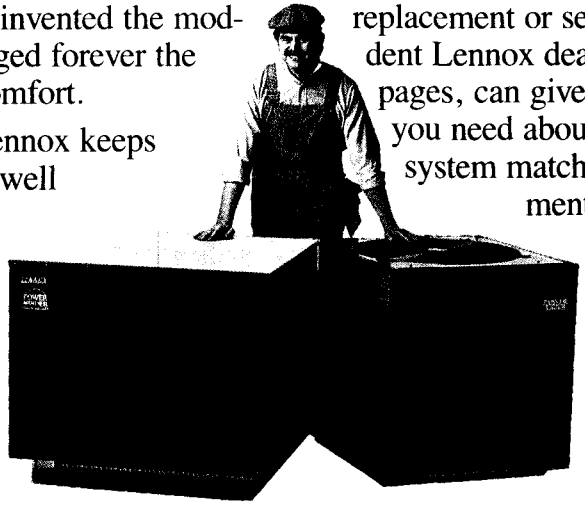

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A Garden for All "Seasons"—by growing your own fragrant herbs. **68**

Discovering Hidden Fats in Foods—on a tour of their hideaways at the supermarket. **10**

A Real-life Medical Sleuth—investigates the cause of a little girl's death and finds a mysterious killer. **48**

Letters

College Professor Doublespeaks

I enjoyed the article on doublespeak by William Lutz in the "How's That Again?" feature (March, '90). As a college professor, I must admit that my profession generates more than its share of doublespeak. Want to emphasize that students come first in your academic programs? That's "student centered outcomes." Want to find out how your students/alumni are doing? That's "outcomes assessment." One discussion recently centered on whether we want to do "whole person education" or "total person education." And so on it goes. . . .

By the way, the cartoon on page 104 of the same issue was relevant, but it's an old joke; the way I heard it, "The only things certain in life are negative patient care outcome and revenue enhancement."

I would say that the reader outcome of your magazine shows an affirmative trend.

Jess Schilling
Huntingdon, Pennsylvania

A Recovering Alcoholic

Three cheers for your [AA] editorial in the Jan./Feb. '90 issue.

The legislation proposed would enable the alcoholic to continue his or her immature behavior and possibly lead to his or her self-destruction.

As a recovering alcoholic, I began to live as a normal human being only when I came to the realization that I was responsible for my own behavior, drunk or sober.

It is indeed a slap in the face of AA and would definitely be an "easier, softer way" which the alcoholic does not need and which could only be harmful, not helpful.

J. H.
Brookville, Pennsylvania

Keeping in Step

Russ Pulliam's fine editorial entitled "It's a Slap in the Face of AA" (March '90 issue) piqued my interest in the AA's Twelve Steps that were mentioned.

Could you print the Twelve Steps in their entirety?

Denise Harris
San Francisco, California

The 12 Steps of AA

1. We admitted we were powerless

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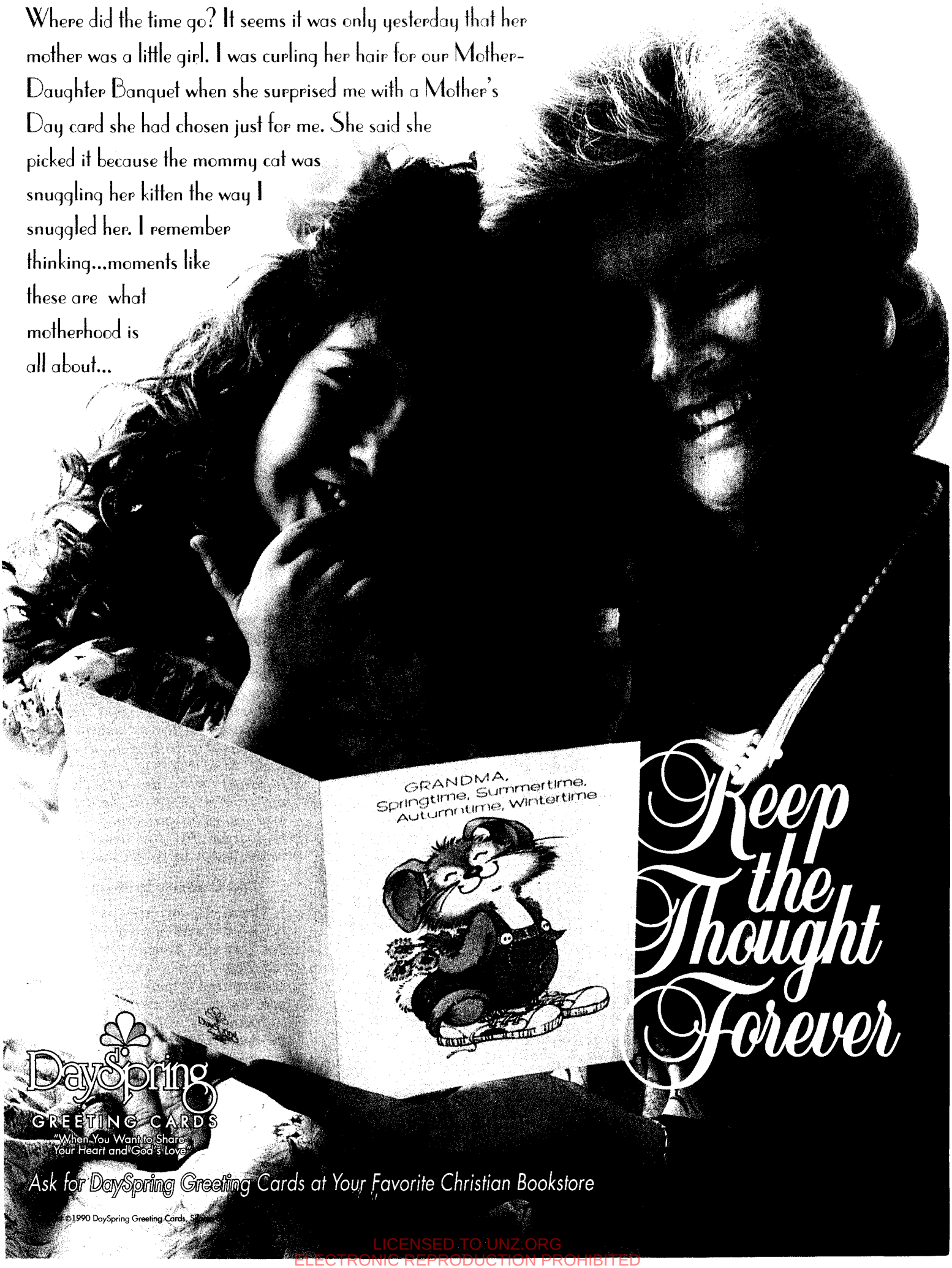
Where did the time go? It seems it was only yesterday that her mother was a little girl. I was curling her hair for our Mother-Daughter Banquet when she surprised me with a Mother's Day card she had chosen just for me. She said she picked it because the mommy cat was snuggling her kitten the way I snuggled her. I remember thinking...moments like these are what motherhood is all about...



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Chicago, Ill.—A free offer of special interest to those who hear but do not understand words has been announced by Beltone. A non-operating model of the most popular canal hearing aid in America today will be given absolutely free to anyone who sends for this free model now.

Send for this model, it will show you how tiny hearing help can be. It is not a real hearing aid and it's yours to keep free. The actual aid weighs less than an eighth of an ounce, and it fits completely into the ear canal.

These models are free, so we suggest you write for yours now. Again, we repeat, there is no cost, and certainly no obligation. All hearing problems are not alike and some cannot be helped by a hearing aid but many can. So, send for your free model now. Thousands have already been mailed, so be sure to send your name, address and phone number today to Dept. 14717, Beltone Electronics, 4201 West Victoria Street, Chicago, Illinois 60646.

In California, your local authorized Beltone dispenser may call.

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over alcohol—that our lives had become unmanageable.

2. Came to believe that a Power greater than ourselves could restore us to sanity.

3. Made a decision to turn our will and our lives over the care of God *as we understood Him.*

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

6. Were entirely ready to have God remove all these defects of character.

7. Humbly asked Him to remove our shortcomings.

8. Made a list of all persons we had harmed, and became willing to make amends to them all.

9. Made direct amends to such people wherever possible, except when to do so would injure them or others.

10. Continued to take personal inventory and when we were wrong promptly admitted it.

11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.

12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

What's a Body to Do?

I am a resident in the Masonic and Eastern Star Home here in Greensboro. Had made all arrangements to have my body sent to the Baptist Hospital in Winston-Salem, North Carolina.

I recently read a letter from a nurse (Jan./Feb. '90 issue, "Letters to the Editor") who had found that bodies were not received after age 50. In the literature I received from Winston-Salem there were no stipulations except an obese or emaciated body. If you have any further information regarding this matter, I would appreciate hearing from you. Maybe if I am beyond being an organ donor, the body may be used for research.

I want to get this matter settled because I don't want my family to have this problem.

Kathleen Edwards
Greensboro, North Carolina

Editor's note: How thoughtful of you to spare your family the problem of carrying out your wishes.

There are several ways to donate usable organs for transplant or research at the time of your death. Most states have a place to initial on your driver's license to accomplish this end; however, you should let your close relatives know your wishes as well.

Age is usually not a limiting factor in donating organs and tissues. Most organs are badly needed and are considered case by case.

You must sign a release bequeathing your body to the anatomy department of a medical school. These programs accept most bodies except those afflicted with contagious diseases or damaged from serious accidents.

It might reassure your family to know that bodies in student classes are treated with a great deal of respect. As a matter of fact, in my own freshman gross anatomy class, the professor in charge of the department held religious memorial ceremonies each year for the departed souls whose bodies we would study.

"Do you like our new satin bedspread, Stan?"

Post Cartoons Drawing Praise

Thank you for increasing the number of cartoons in your March issue. *The Saturday Evening Post* is one of the best cartoon showcases in the country, and I think that accounts, in part, for its popularity.

When I research cartoon markets at the public library here, I seldom find a copy of *The Saturday Evening Post* on the shelf. Someone is always reading it and I have to wait! And I can't say that about very many magazines. (The *Wall Street Journal* is always gone, too.)

Keep up the good work!

Molly Sadler
Amarillo, Texas

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THE CHILDREN'S BLESSING

One of the most beloved passages from the Gospels inspires a masterwork in fine bone china

"Let the little children come unto me... for of such is the kingdom of heaven."

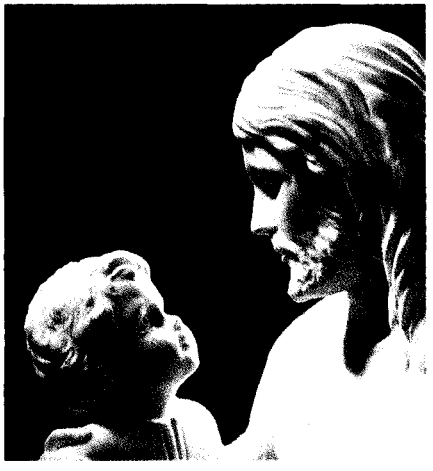
A timeless message of comfort and faith now inspires a magnificent new work of art from Lenox. Created in the rich style of Renaissance sculpture and superbly handcrafted in fine bone china, *The Children's Blessing* portrays Jesus bestowing His blessing upon two children, in a beautiful tableau.

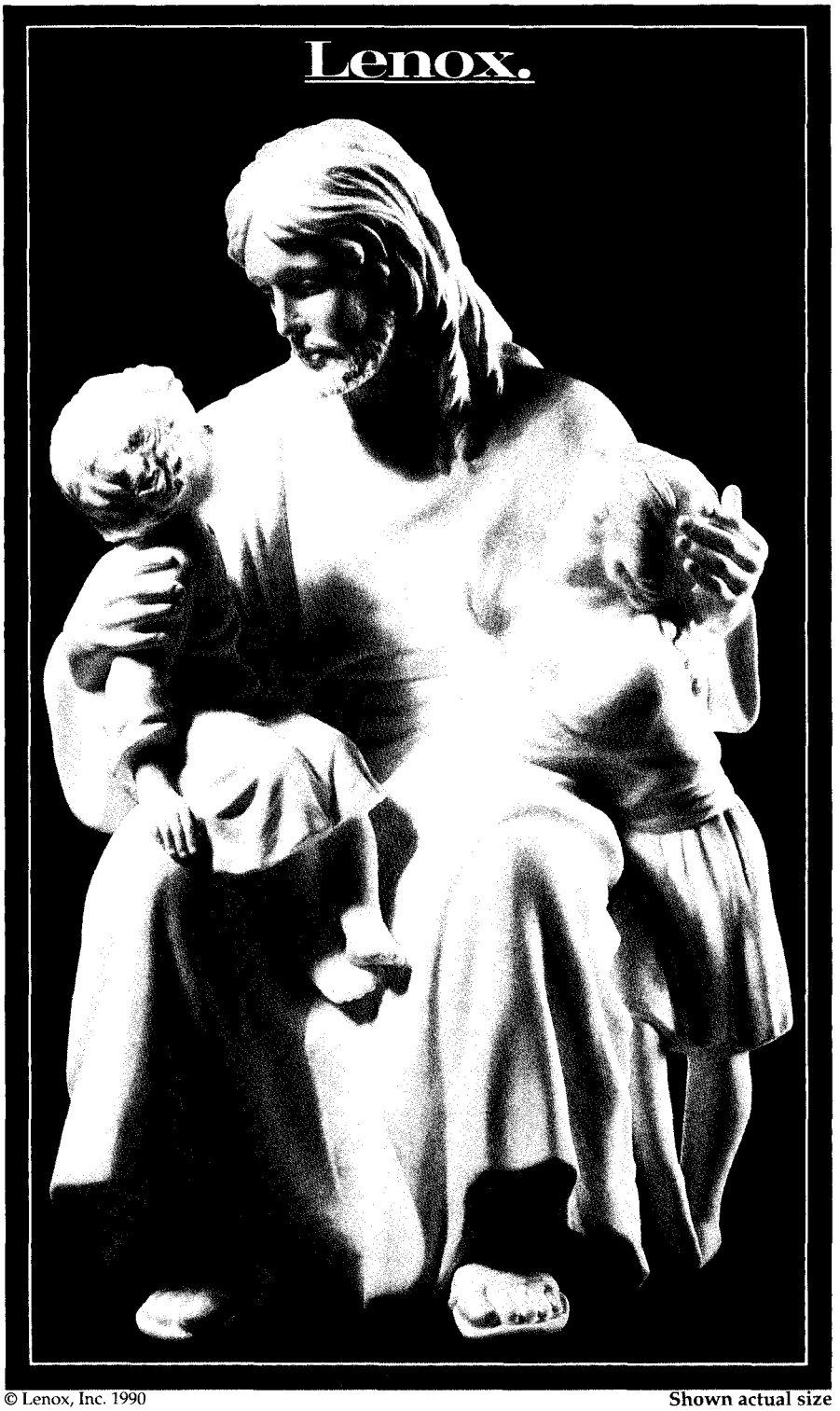
The little boy rests on His knee, looking into Jesus' face with an expression of pure innocence and rapt attention to His words. The little girl leans against Him in a trusting manner, as He cradles her head in His hand, and blesses her.

Careful finishing defines such fine details as the little girl's hand gently touching His robe. And the simplicity and realism of the sculpture's classic forms are enhanced by the warm, luminescent beauty of fine bone china.

This is a work of art to treasure for its superb craftsmanship as well as its meaning. One to be displayed and cherished always, with great pride.

This fine imported sculpture will bear the Lenox® trademark in 24 karat gold. To bring its beauty into your home, you need send no money now. Simply mail the accompanying reservation promptly—and certainly by April 30, 1990. 85588





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THE CHILDREN'S BLESSING

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Taken by Markham

Re: "The Splendid Outcast," by Beryl Markham, Jan./Feb. 1990 issue.

What a magnificent and gripping story of Rigel and Fallen Sparrow!

I was so taken with Markham's use of language and style that I am, for the *first* time, writing to an editor to say thank you for your choice of this story. If Markham is not famous yet, he/she will be!

Sara Steel
South Bend, Indiana

Editor's note: Beryl Markham was a fascinating woman. Born into the upper crust of British society, she grew up in Africa. She enjoyed all the privileges of her social position and grew familiar with the customs of the natives who worked on her horse farm, knowledge she later used in writing her short stories. For more information on Markham, read Straight On Till Morning: The Biography of Beryl Markham, *by Mary S. Lovell, or Markham's autobiography,* West with the Night.

For Crying Out Loud

In your Jan./Feb. '90 *Post,* the story "Road's Scholar" is said to be written by Maynard Good Stoddard.

I laughed so hard I cried as I read this aloud to my husband of 47 years (and he hates for me to read to him but joined in the laughter).

We too make an annual pilgrimage from Indiana to Florida; he drives, and I navigate. Barely into this story and through my tears and my laughter, I accusingly yelled at my husband, "You wrote this!"

Thanks for the good laugh. You've added years to our lives.

Betty Moody
Fountain City, Indiana

Nixing Nicotine

I am writing to you in regard to my daughter who smokes. She didn't start smoking until after her three children were born. She is now 45 years of age, and her children want very much for her to stop smoking. But it seems too hard for her to do so, although she loves her children and would like to do as they wish. I have read that you recommend Nicorette—how can it be obtained? I wish so much that I could help her. Can you help? Thank you.

Mrs. Vincent Sprunger
Berne, Indiana

If you will give us a prescription for Nicorette from your daughter's doctor, we'll mail a box of Nicorette to her. You see, it is a prescription product, and we wouldn't be permitted to prescribe it for her without seeing her.

Nicorette works best when the patient presses it against the lining of the cheek—the nicotine is absorbed into the blood through the mucosa. It is best not to swallow the nicotine as it makes some people nauseous.

We Stand Corrected

It was a disappointment indeed to see the name of God used so disrespectfully in this cartoon. I realize that using God's name as an expletive is extremely common throughout the media, but it is still wrong, and you offend very many of your subscribers by furthering this practice.

Could you serve notice to your assistant editors that they should delete profanity from the material to be used in the *Post*? I would appreciate your

attention to this request.

Thank you for one of the best magazines available.

Katherine W. Plowman
Bothell, Washington

True, using God's name in vain is extremely common in the media, but certainly not in the pages of The Saturday Evening Post. *In fact, we bend over backward (good exercise in itself) to remove expletives from manuscripts submitted by careless writers not familiar with the* Post's *reputation for clean copy.*

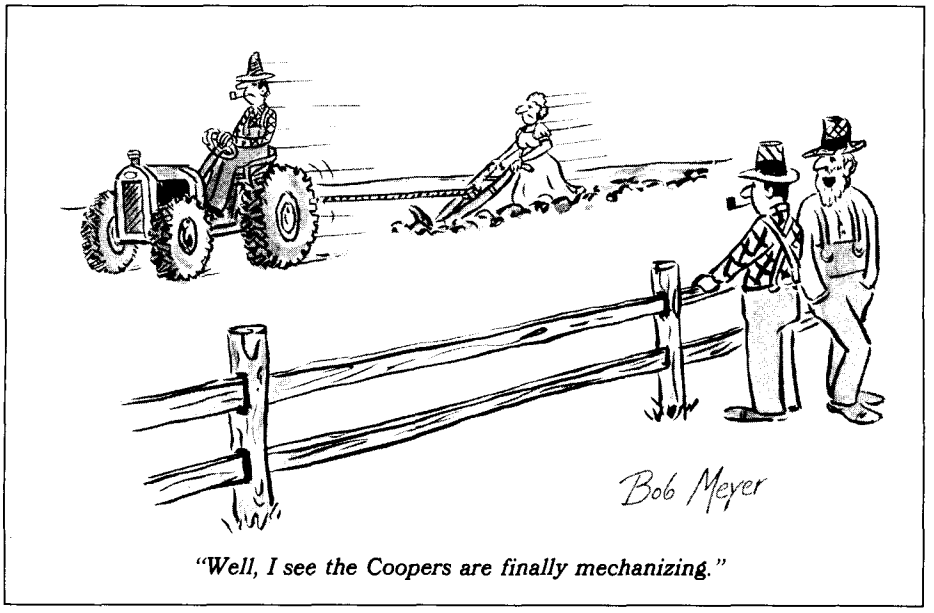
In this regard, our editorial staff was not lax concerning the cartoon in question. In checking the files, we find that the word "gosh" had been substituted for "God," making the line read, "Gosh, I love a good tuna melt!" Why the correction failed to reach the printer, we can't explain. If we can put our finger on the one responsible, the culprit will carry the impression of that finger for several days—you can depend on it.

We do appreciate your taking us to task for this offense to you and other readers. But because we have been published since 1728, odds of our making our first irreverent mistake were heavily against us.

Goldie Girl?

I was very disappointed that you gave us a lead article on Deborah Norville. My opinion of her is that I would as soon see Goldie Hawn give the world news.

Alice Thomas
Fredericksburg, Texas



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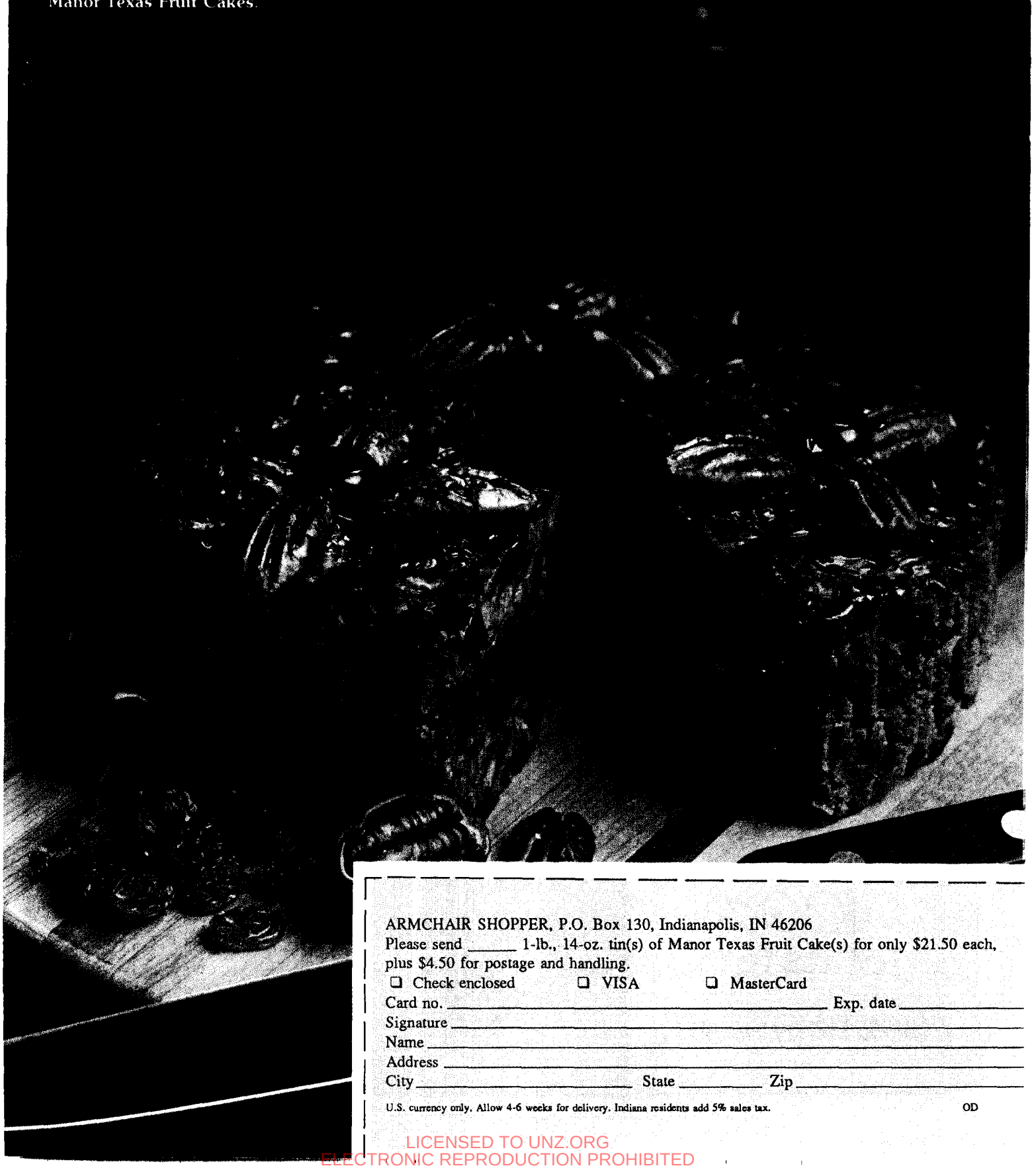

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HEARTBEAT

The Healthy Heart Report

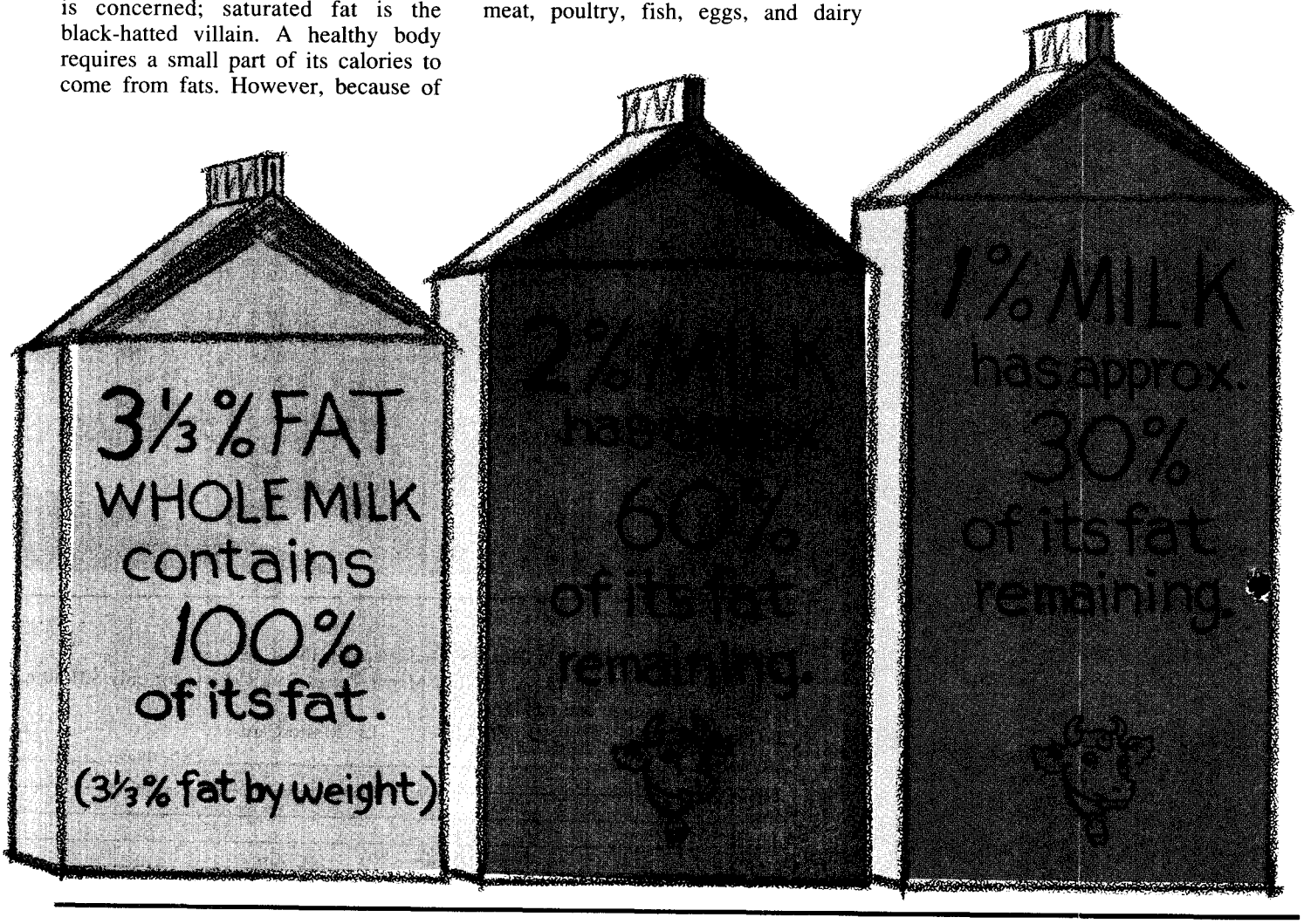
WE HAVE MET THE ENEMY— AND IT IS FAT

Those people who have lived off "the fat of the land" are the ones who should be reading this. Unfortunately, many of them have already dug their graves with their forks, as the saying goes. Cardiovascular problems, cancer, diabetes, or other life-threatening, life-curtailing diseases resulting from too much fat in the diet have fulfilled their destiny and mowed the fat cats down, often before their allotted time.

Although it is true that fat is fat, fat wears several different hats. Polyunsaturated and monounsaturated fats are, generally speaking, the good guys in the white hats where heart disease is concerned; saturated fat is the black-hatted villain. A healthy body requires a small part of its calories to come from fats. However, because of our pampered taste buds, prosperity, indulgent parents, poor eating habits, and an insidious relationship between snacks and television viewing, the typical American is now getting about 37 percent—nearly twice the recommended amount—of his calories from fat. The results can range from bad to lethal. A low-fat regimen with an emphasis on reducing saturated fats, by contrast, can produce good health without major surgery, large drug doses, or being ridiculed for an abdomen that gives the appearance of smuggling basketballs.

Cholesterol, a fatty-like substance found only in animal foods, such as meat, poultry, fish, eggs, and dairy products, has become the curse of our current high-on-the-hog society. Recent studies show that in addition to keeping your dietary cholesterol down to about 300 mg a day, you also need to watch your saturated fat intake, because it can raise your cholesterol level. A healthy goal is to keep your calories from saturated fat down to no more than 10 percent of your total calories. By now everyone knows that cholesterol comes only in animal fats. There is no cholesterol in any vegetable fats.

Why do most otherwise intelligent



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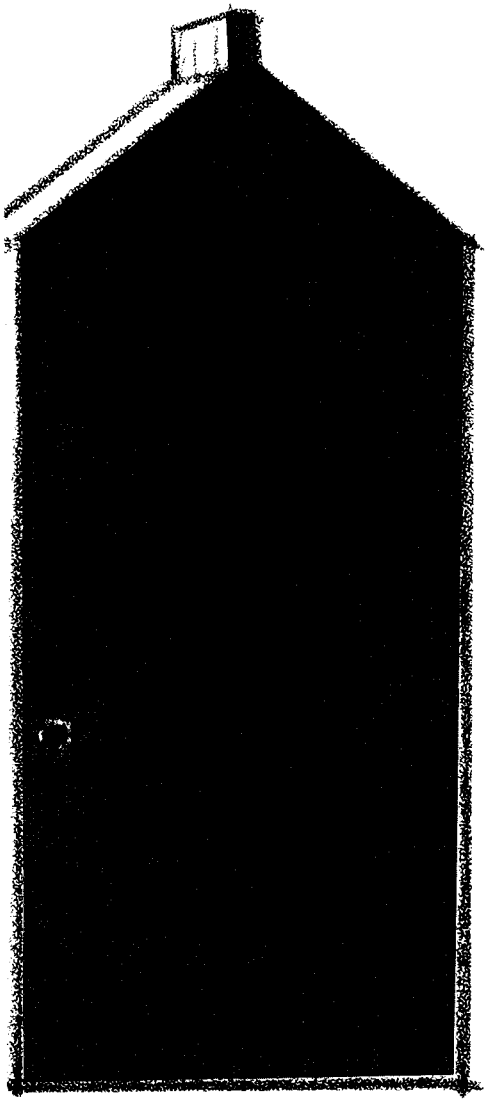
Americans shorten their lives or run the gamut of health problems by ingesting fat as if there were no tomorrow (which, of course, becomes all too true in many cases)? Often it's because they have come to accept as "good food" the very food that will do them in. They begin with a breakfast of bacon (90 percent fat calories), eggs (cholesterol laden), flaky croissants and butter, and coffee with cream; lunch on greasy hamburgers and French fries; and then tie into their favorite dinner of grade A marbled steak ("marbled" being the uptown word for plain old downtown fat). They let the fat calories fall where they may.

So—how to remain healthy? (Without living on bread and water, that is. Chances are that we might live longer on bread and water than we do on our high-fat diet, but no one has yet undertaken such a study.)



The expression "Nuts to you!" perhaps carries more weight than most people think. Nuts are mostly fat. Peanut butter is 75 percent fat. Most fat from nuts, however, is monounsaturated or "good" fat. Still, it is best to go easy on nuts in order to keep the fat in our total dietary calories at 30 percent.

If you think that bread is bread, better check the labels. The bread you select should have no more than two grams of fat per serving. Check the ingredients too. Although the allowable one or two grams of fat may be listed, the cheaper brands may in addition contain palm or coconut oil, or beef or pork fat. All bad.

Labels, of course, begin with the ingredients present in the largest amounts. If fats or salt are near the top, the item should be avoided. "Partially hydrogenated" is another way of saying "saturated fat." Even though it's a vegetable fat, it's not above being saturated. Until someone comes up with an accurate and easy-to-understand labeling system, fat content in foods will be another case of "let the buyer beware."

True to the name, angel food is the only excusable cake mix. It does have sugar, but no cholesterol and no fat. Pound cake in particular shouldn't weigh heavily in your cake decisions.

Gourmet brands of ice cream are loaded with fat. Regular brands have a fair amount. But to save calories, as well as cash, move on down to ice milk or sherbet. Frozen yogurt, which has only one or two grams of fat per serving, is also a good choice. But be careful here too: some brands contain little fat but are loaded with sugar and fruit flavorings.

The lowly bean is high on the health food list. Beans have no fat, their protein is equal to that of chicken, and they serve very well as a meat alternative. If you are going to flavor your beans with meat, use low-fat or "lite" ham—bacon, never!

Health-concerned consumers are now gobbling up turkey as the perfect answer to the meat-fat problem. But this—if you'll forgive us—is a "fowl" assumption. Checking the turkey label is a good idea. What type of meat is it? Dark meat and skin contain fat; white meat is O.K. Just because it's turkey baloney or turkey ham doesn't necessarily mean it is much lower in fat. Turkey or chicken hot dogs can be 75 percent fat, little improvement on the typical hot dog's 85 percent. Eating no hot dogs is your safest bet. Turkey bacon is also a very big fat source.

Milk as a high-fat food is not a moo(t) question; it definitely is a source of dietary fat. But don't stop drinking it, because you need the calcium. If you think going from whole milk to 2 percent is a big step in cutting your fat intake, forget it. An eight-ounce glass of 2 percent milk (2 percent fat by weight) has *five* grams of fat (45 calories), out of a total 120 calories. An eight-ounce glass of whole milk (3.3 percent fat by weight) has *eight* grams of fat (72 calories), out of a total 150 calories. Not a whole lot of difference.

To get that needed calcium and really cut the fat and the calories, take a look at skim milk. An eight-ounce glass of skim milk has *zero* grams of fat (zero fat calories) out of a total 85 calories.

To keep your arteries unclogged and your middle down, therefore, shop for the milk in the plastic jug wearing the white cap—it is one of the good guys.

The "big cheese" in a healthful diet lies beneath the label that promises no more than five grams of total fat.

Although salad dressings are usually considered in the no-no category, they are low in saturated fat when the breakdown is examined. Usually being liquid, dressings contain polyunsaturated fat. You thus may include them in small amounts in your fat allowance for the day.

You'll never get totally away from saturated fat in a margarine, because that's what makes it hard and spreadable. But pick a margarine that has twice as many polyunsaturated fat grams as saturated fat grams. A label showing four grams of polyunsaturated to two saturated, or three to one, or five to two, points you to the most heart-healthy margarine in the bin.

Odds and Ends

• A peanut butter and jelly sandwich is better for you than a baloney sandwich with butter and mayonnaise.

• There is no standard measure for the words "light" or "lite." The words

continued on page 106

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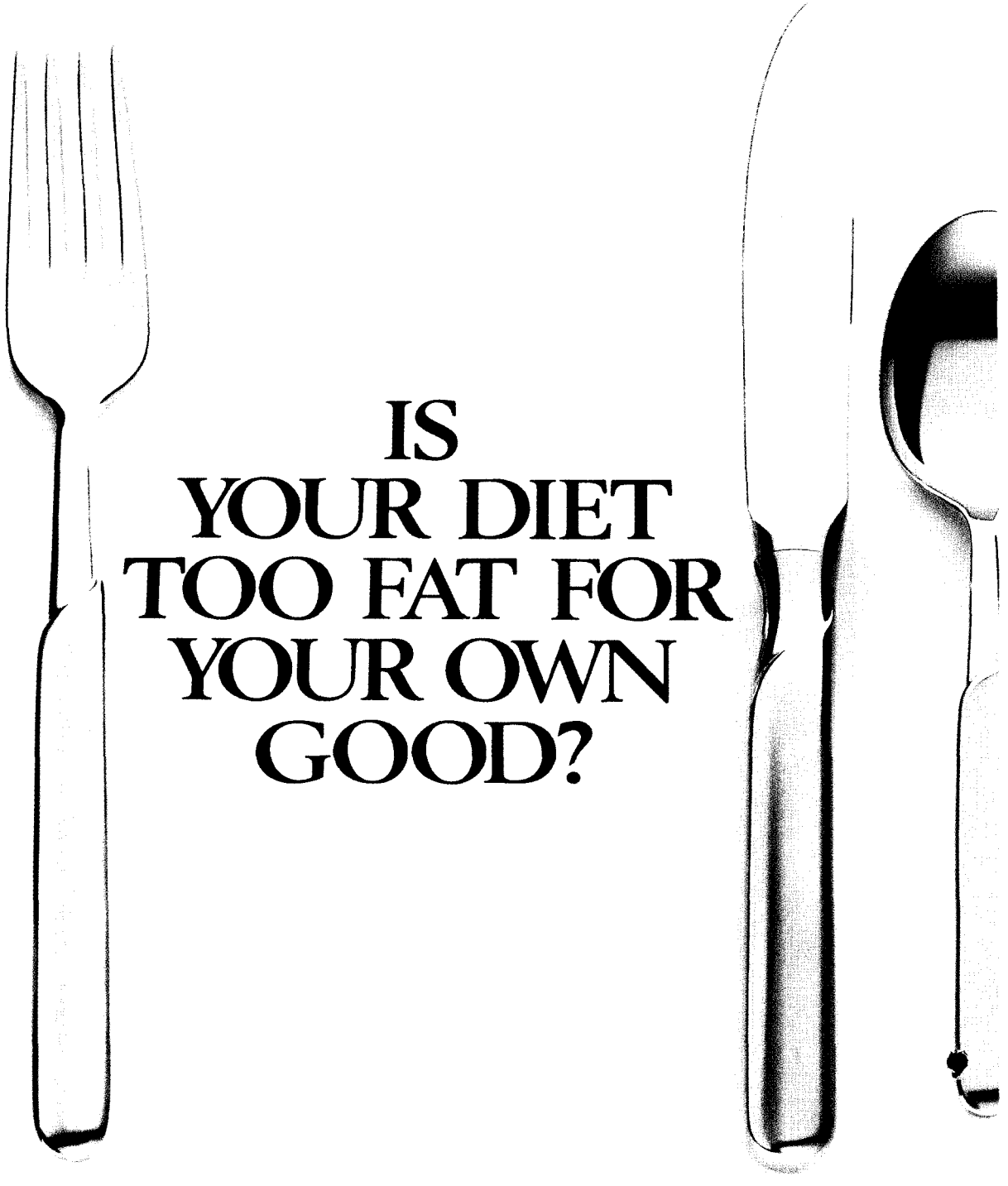

IS YOUR DIET TOO FAT FOR YOUR OWN GOOD?

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HOW MUCH FAT DO YOU EAT A DAY?

If you're like most adult Americans, the answer is too much. Recent surveys by the United States Department of Agriculture indicate over 35% of all calories consumed come from fat. Two-fifths of that is saturated fat—a major cause of high blood cholesterol.

NOT ALL FAT IS THE SAME.

Replacing saturated fat in a diet with polyunsaturated (found in oils like safflower and corn) and monounsaturated (olive and peanut oils) can help lower blood cholesterol levels. But too much saturated fat does just the opposite. It elevates blood cholesterol levels. Unless excessive intake of saturated fat is reduced, you're going to lose the battle against high blood cholesterol and risk more serious cardiovascular problems. The National Heart, Lung and Blood Institute (NHLBI) recommends that to reduce high blood cholesterol levels, no more than 30% of calories in an adult diet should be from fat, with less than 10% of calories coming from saturated fat.

START BY EATING MORE LOW-FAT FOODS.

Remove skin from chicken and choose lean meats. Instead of frying, broil. Opt for snacks like low-fat yogurt. Enjoy more favorites like pasta and potatoes. Fruits and vegetables. Even cereal. One of the best meals you can eat is

cereal with fresh fruit, skim milk and whole wheat toast. It's packed with nutrition, low in fat and saturated fat. And that's good news for anyone trying to lower blood cholesterol.

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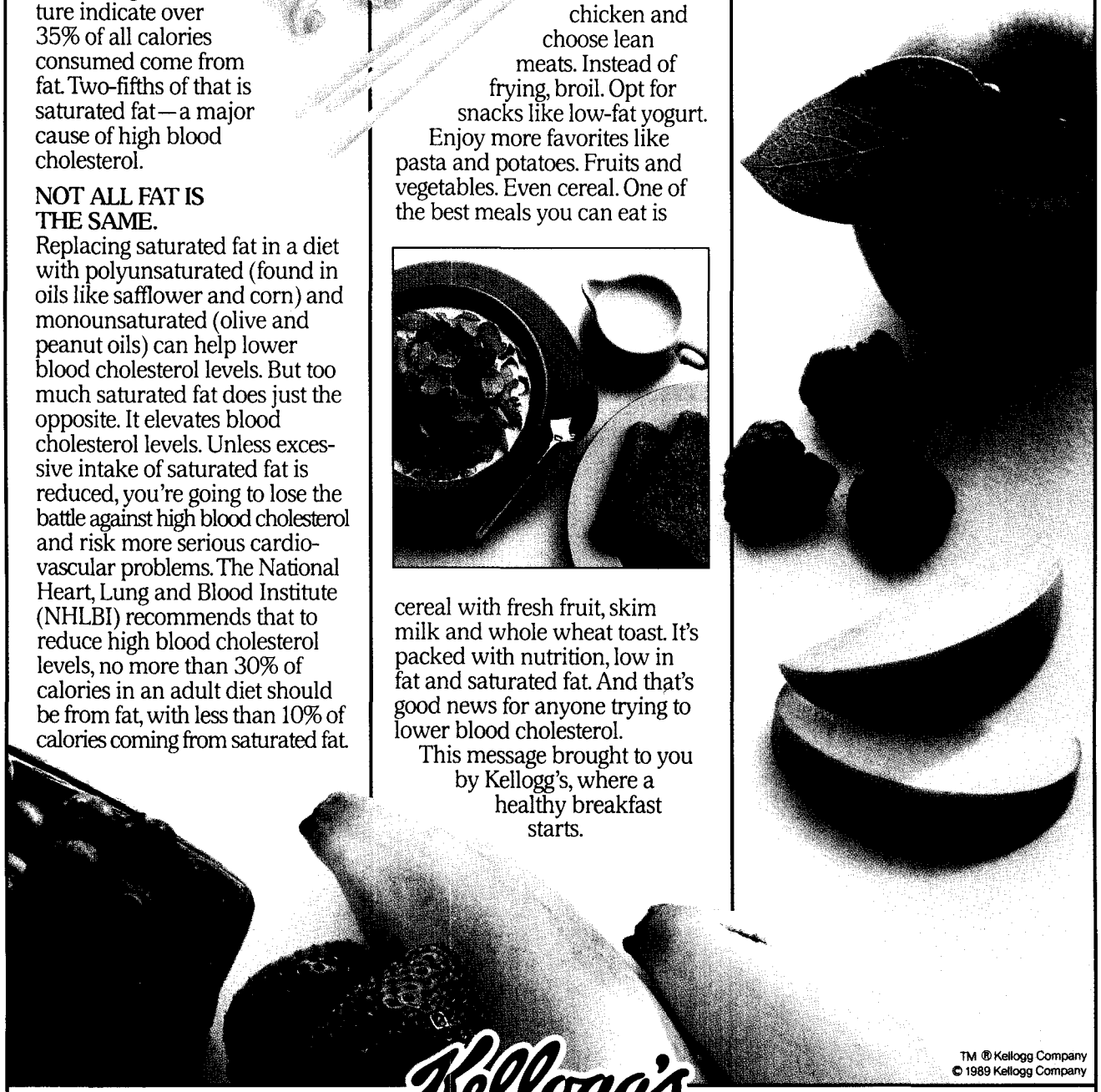

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HEARTBEAT

The Healthy Heart Report

SILENT AND NOT-SO-SILENT HEART ATTACKS

The search speeds up for more ways to prevent heart attacks. Cardiologists look at aspirin and magnesium.

by Cory SerVaas, M.D., and Jerzy Jaskiewicz, M.D.

Recently, a reader asked about "silent" heart attacks, a common but, unfortunately, little-understood health threat to Americans. She wrote, "My husband's doctor told him he may have had a silent heart attack. Now, my husband is always reading about heart attacks, and I say, why should he worry if it didn't hurt him."

Just because her husband's possible heart attack was painless doesn't mean his heart muscle was undamaged by it.

Many heart attacks are not the classic chest-in-vise painful episodes. Many are *silent* or painless and unnoticed. The opportunity to treat them is lost. Damaged heart muscle can leave the untreated victim susceptible to a second attack.

Signs of damage may be revealed by an EKG and other medical tests, and treatment can be started. Some silent heart attacks are so painless that patients may not recall even minor chest pain or other symptoms. This article makes a case for the benefits of knowledge for *preventing* disasters of the heart.

Heart catastrophes occur when the heart muscle is deprived of oxygen, and often this happens when blood vessels have been blocked. Blood clots are the most common cause of such blockage, and they are most likely to occur in vessels already clogged with cholesterol plaque. This block may be total or only partial. Sometimes as a result of stressful situations, coronary vessels may be temporarily constricted, causing the inside diameter of the vessels to be diminished.

As a result of limited blood flow through coronary vessels, part of the myocardial muscle may be damaged. When an afflicted area is large, the patient has classic symptoms of a severe heart attack. When the arterial block is not complete, the oxygen-starved heart area will not be large, and clinical symptoms may be almost imperceptible. This type of heart attack is called a silent heart attack. Even after heart attack damage is revealed by an EKG, patients may not recall experiencing any discomfort. Others diagnosed with heart damage remember various symptoms that may have signaled the attack, but at the time they chose not to consult their doctors because they wanted to believe these symptoms were not heart related. (Their reasoning: "Maybe it was only a touch of indigestion; maybe it had been just a little stuffy in the room.") Some estimate that 20 to 30 percent of

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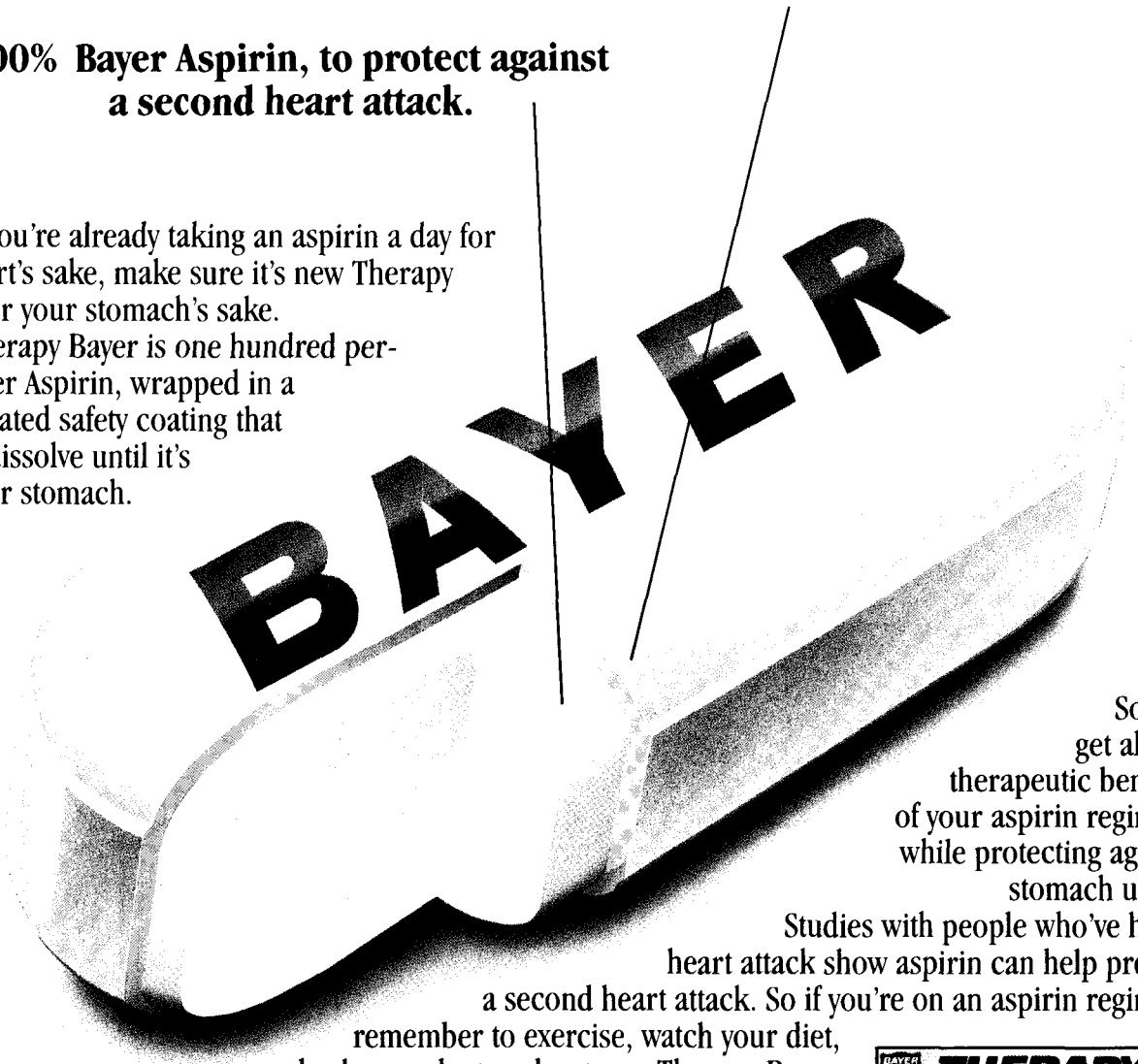

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HEARTBEAT

all heart attacks are silent; other experts feel that as many as 60 percent of all heart attack victims do not realize what has happened. As our reader suggests, such ignorance may be less worrisome to her and her husband. But if ignorance is bliss, knowledge will help one live longer.

The outlook for those who have suffered silent heart attacks can be as serious as for those who have had more painful attacks. However, after a silent heart attack a patient can vastly improve the odds of enjoying the golden years by seeking medical treatment.

The classic symptoms of a heart attack (the medical parlance is "myocardial infarction") appear unexpectedly. Commonly, the first sign is a burning pain in the chest. Then, the pain often radiates out to the abdomen, upper arms and shoulders, or even up into the neck and jaw. The pain may be stabbing, constricting, or crushing. Pain is often accompanied by nausea or vomiting, shortness of breath, weakness, dizziness, or a cold sweat. Any or all of these symptoms may occur—or none of them.

A pain that lasts only a few seconds is generally not heart related and may be, as many people would hope, merely a mild stomach upset. If pain seems to come and go with shifts in posture or with especially deep breaths, it's probably not cardiac in nature. If discomfort is eased by lying down or taking a few sips of water, again, it is probably not a heart attack.

But cardiologists will tell you: Don't wait to find out. If you suspect you might be having a heart attack, go to the hospital immediately. Get someone to drive you, or call an ambulance. Minutes count in getting such drugs as TPA started at the hospital or in the ambulance. TPA is an enzyme which, when injected immediately after a thrombosis, can dissolve the clot and lessen the damage to the heart muscle. While waiting for an ambulance or an automobile, the patient should be placed in a horizontal position with collar opened and constricting clothing released.

By its very nature, the *silent* heart attack is much harder to detect and thus to treat early in the important post-heart-attack period. And in many instances, doctors struggle against the patient's understandable but ultimately unhealthy desire to deny the problem.

Daily aspirin is advised for those who have had either a silent heart attack or a painful one. Landmark medical trials strongly confirm that aspirin does have a therapeutic value in the prevention of recurrent attacks in both groups. Aspirin is a "thrombolytic agent" (from "thrombus," meaning a blood clot, and "lysis," meaning to dissolve), which means that it helps break down and dissolve any blood clots that may form in the coronary artery and eventually lead to a kind of heart attack called a coronary thrombosis.

Regular aspirin taken daily on a

Peter Michael

Barry Crevey, a cardiologist and an avid runner, learned he had low levels of intracellular magnesium after a demonstration test at a meeting of the American Heart Association. He studies the benefits of magnesium supplementation for his cardiac patients.

Larry King
"Larry King Live!," CNN

Arthur L. Williams, Jr.
Founder, A.L. Williams Company

Dr. Frank Young
National Institutes of Health

What do these successful men have in common? Their fathers all died from heart attacks in their prime and left young sons to care for their widowed mothers and the younger children in the family. Could it be that exercise, more fiber, less fat, magnesium chloride supplementation, and an aspirin a day might have saved their fathers from these disasters of the heart?

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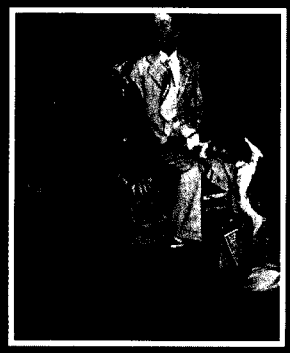

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KNUCKLES DOWN NR6

THE PLOT THICKENS NR10

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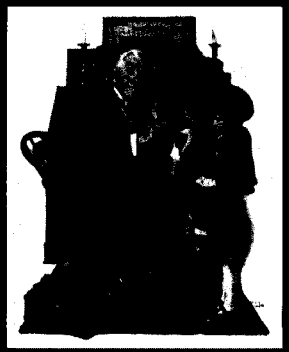

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HEARTBEAT

preventive basis could irritate the lining of the stomach and perhaps lead to stomach ulcers. But newly developed delayed-release tablet coatings delay digestion of the aspirin tablet until it has passed through the stomach and entered the small intestine.

Patients with unstable angina have also been shown to have better prognosis when aspirin was prescribed. Patients with *stable* angina have chest pains with exercise or during other conditions in which myocardial oxygen demand is increased. Individuals with *unstable* angina may also have pain at rest; the pain lasts for longer periods, and it becomes more difficult to relieve.

And Dr. T. J. Hartney of the Medical College of Georgia reported: "*Unstable* angina is associated with a high risk of progression to acute myocardial infarction. . . . Two completed randomized, double-blind, placebo-controlled trials have established aspirin's effectiveness in patients with unstable angina. The Veterans Administration Cooperative Study administered 324 mg of buffered aspirin solution [per day] to 1,266 male patients for 12 weeks, starting within 48 hours of hospital admission. A significant 51% lower incidence of death or acute myocardial infarction was noted. The frequency of non-fatal myocardial infarction was also reduced 51%. These results compare favorably to the Canadian Multicenter Trial."

At this time, the jury is still out as to whether aspirin should be used as a prophylaxis, perhaps as little as 80 mg twice per day, for *some* persons who aren't heart patients. Only a patient's physician should help make the determination whether daily aspirin should be used, and the quantity.

But everyone should be responsible for some basic prophylactic measures in an effort to remain as heart healthy as possible. This is particularly important for those with a family history of heart attack or stroke. Our list includes: (1) follow an exercise program as approved by your physician; (2) use no tobacco; (3) learn as much as you can about saturated and unsaturated fats in your diet, as well as soluble and insoluble fiber; (4) know your total cholesterol level and your HDL and LDL fractions; (5) monitor your blood sugar for signs of diabetes; (6) have your doctor check your blood pressure regularly; (7) discuss with your doctor the latest research in aspirin therapy and whether you should be taking it; (8) ask your doctor whether you're a candidate for magnesium supplementation.

Magnesium is a biologically essential element that has recently received much attention in cardiology circles. "Decreased magnesium stores [in the body's cells] have been implicated in the development and complications of atherosclerosis, myocardial infarction, hypertension and dysrhythmias," wrote Dr. Michael Ralston recently in *Circulation*, a journal read by cardiologists.

A new method for finding the correct amount of *intracellular* magnesium is an important recent research development because *serum* magnesium tests aren't accurate enough. This is partially because less than one percent of the magnesium in the body is in the blood serum—the rest is in the

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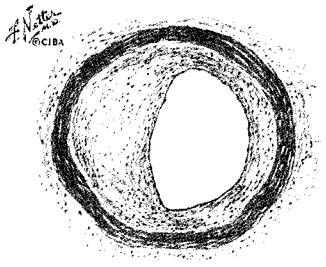
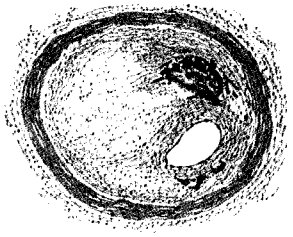
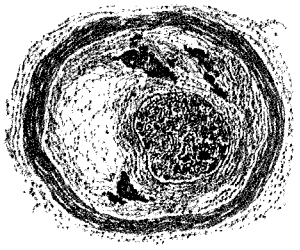


Moderate atherosclerotic narrowing of lumen (opening).



Almost complete occlusion by atherosclerosis.



Complete occlusion by a blood clot in the lumen.

Aspirin and magnesium chloride are used by physicians to treat their cardiac patients.

MAGNESIUM CONTENT OF COMMON FOODS

Source	Milligrams
VEGETABLES	
Avocado, California *(1 medium)*	70
Avocado, Florida *(1 medium)*	104
Beans, BBQ *(Campbell's 8 oz.)*	44
Beans *(pork & beans 8 oz.)*	74
Beet greens *(3 1/2 oz., raw)*	55
Beets, Harvard *(Libby, 2/5 cup, can)*	20
Black-eyed peas *(1/2 cup, frozen)*	42
Broccoli *(1 stalk raw)*	24
Butter beans *(1/2 cup, frozen)*	44
Cabbage, Green *(1/2 cup)*	34
Carrot *(1 large, raw)*	23
Cauliflower *(1 cup, raw)*	12
Celery *(1 stalk, raw)*	11
Chard *(3 1/2 oz., raw)*	65
Collard greens *(3 1/2 oz., raw)*	57
Corn *(Bird's Eye, 1/2 cup, frozen)*	12
Chick peas *(3 1/2 oz., canned)*	54
Green beans *(1/2 cup, frozen)*	15
Kale *(3 1/2 oz., raw)*	37
Leeks *(3-4 medium, raw)*	23
Lima beans *(3/4 cup, canned)*	23
Okra *(1/2 cup frozen/cut)*	39
Peas *(1/2 cup, raw)*	22
Potatoes *(1 medium, raw)*	34
Soybean curd *(tofu, 3 1/2 oz.)*	111
Spinach *(3 1/2 oz., raw)*	88
Tomato *(1 large, raw)*	28
Turnip greens *(3 1/2 oz., raw)*	58
GRAINS & GRAIN PRODUCTS	
All bran *(Kellogg's, 1/2 cup)*	155
Bran flakes, 40% *(Ralston, 3/4 cup)*	68
Cornbread *(1 piece)*	15
Cracked wheat *(1 slice)*	9
Puffed wheat, *(Quaker Oats, 1/2 cup)*	13
Rye bread *(1 slice)*	6
Rye pumpernickel *(1 slice)*	22
White *(1 slice)*	5
Whole wheat *(1 slice)*	23
NUTS	
Cashews *(6-8 nuts)*	40
Peanuts *(1 oz.)*	40
Peanut butter *(Skippy, 1 tablespoon)*	30

Adapted from the book Food Values of Portions Commonly Used *by Jean A.T. Pennington and Helen Nichols Church* © *1985. All rights reserved.*

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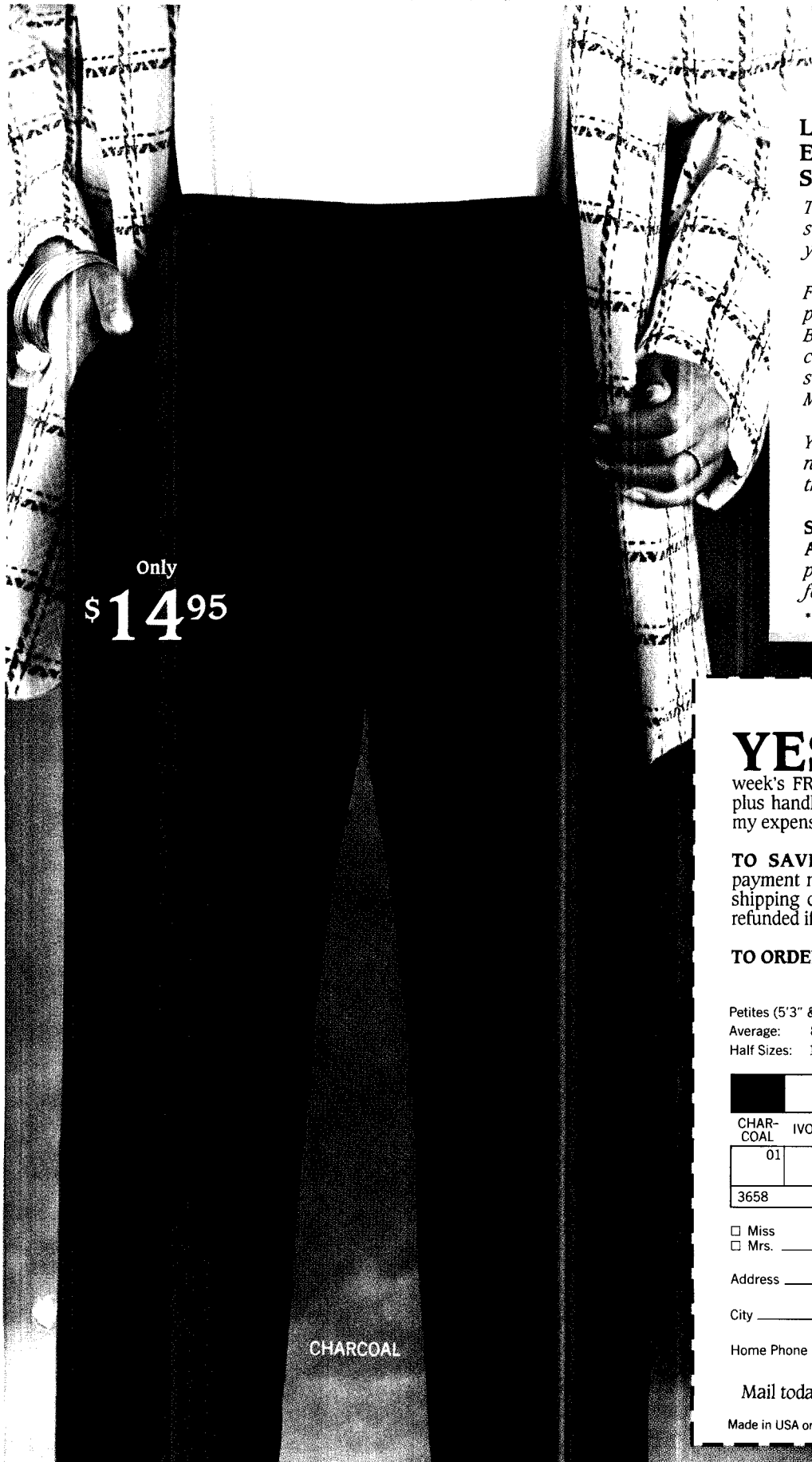

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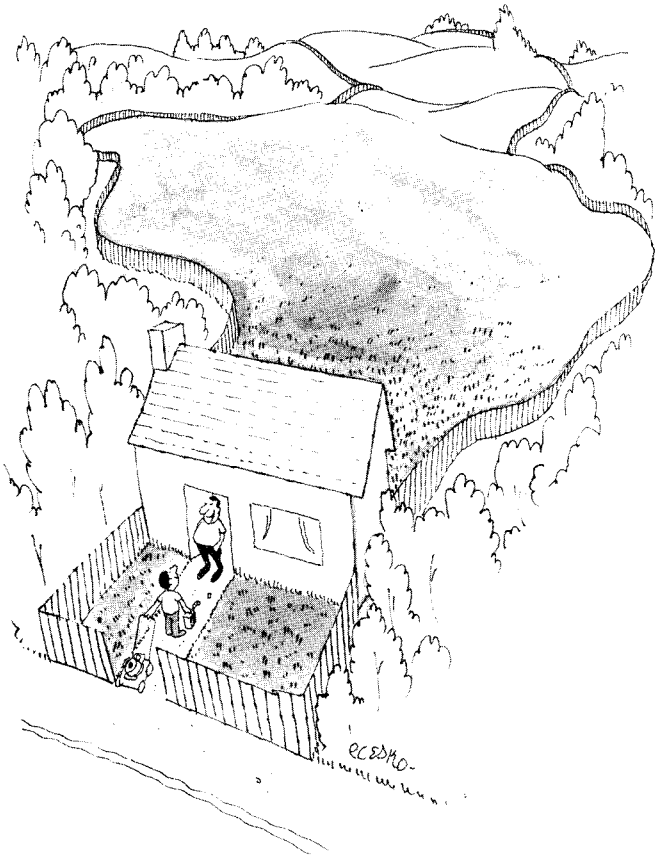
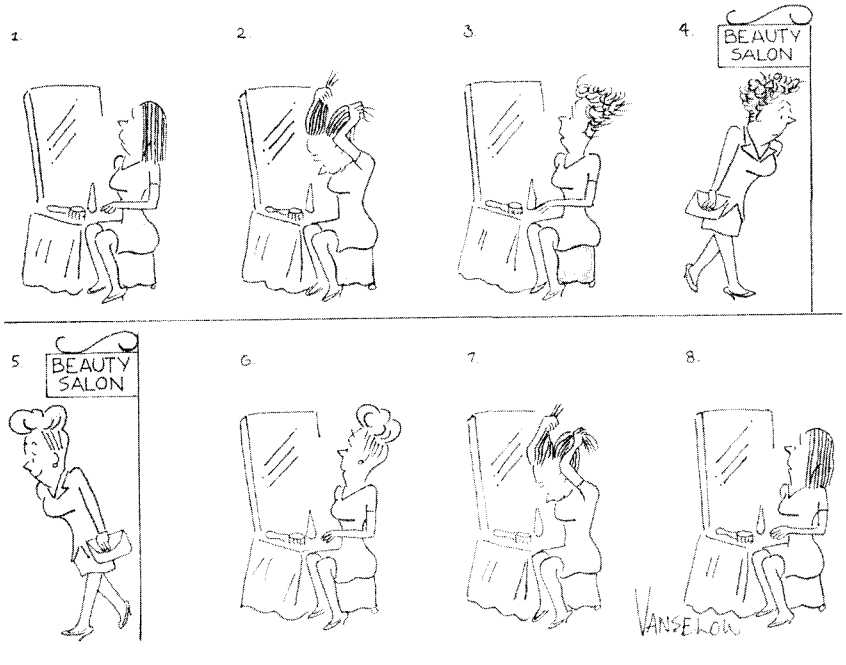
MURPHY'S LAW



"Sure, Sonny. You can mow my lawn for two dollars."

"See that, sir? Your problem is not covered by the warranty."



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When it came to marketing, Grandma really knew how to throw her weight around. But the butcher could put his finger on a couple of handy tricks himself—so it's up in the air in whose favor the scales finally tipped.

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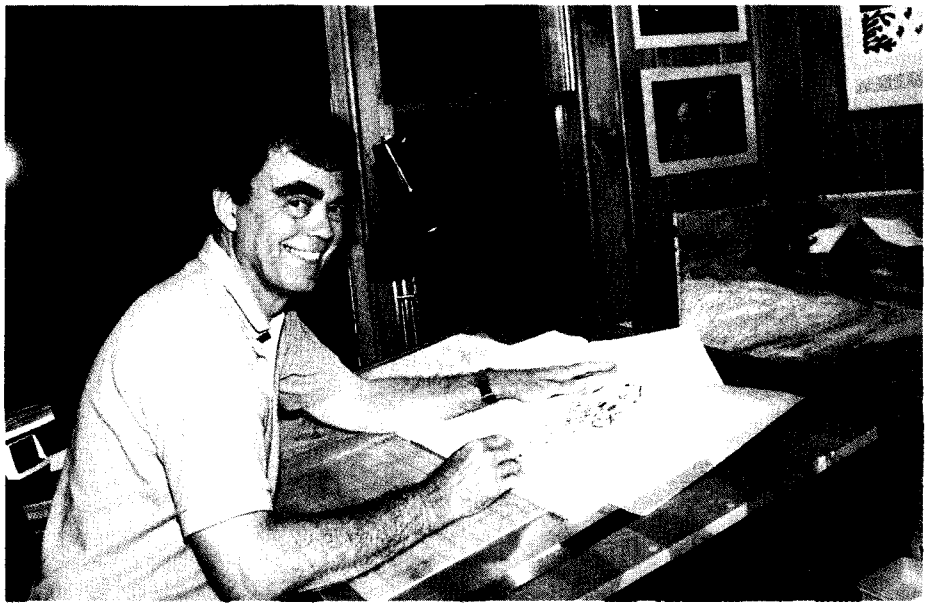
Post People



"I'm trying to retire," ***Don Trawin*** says, "but the *Post* won't let me."

It is Trawin's clever illustrations that attract readers to Maynard Good Stoddard's wit in our centerfold. The photo that attracted your eyes to this *Post* person was taken at the Trawins' summer place in the Adirondacks.

We could say that ***Chris Burke*** is a victim of Down's syndrome. But Chris is perhaps the most unwilling "victim" of this condition since it was first described by John Langdon-Down, a 19th-century English physician.

When the indiscreet family physician asked Frank Burke, a New York City policeman with four children, just what future he was planning for his afflicted son, the surprising answer was, "Oh, we're sending him to medical school . . . he wants to be a doctor."

Chris didn't go to medical school, but instead, his parents gave him free rein to be what he wanted to be from the age of five—an actor.

Today, Chris has made TV history by starring as Corky Thacher in ABC's "Life Goes On." In doing so, this 24-year-old hero of the handicapped is giving hope to the 250,000 Americans who, like him, have "Up" syndrome, as Chris now calls it.

We all know that ***Beverly Sills*** is perhaps the finest soprano this country has ever produced. What is not so well-known, except by her pals (who call her "Bubbles"), is that Sills is also a compassionate woman, a shrewd business executive, and a fisherwoman.

After a surprising retirement from singing, Sills became chairperson of the 1988 March of Dimes celebration, and she took on the direction of the debt-ridden New York City Opera, which now makes money.

Sills has since turned the opera's running over to others. Now she can spend more time fishing with her husband, Peter Greenough, at their vacation home on Martha's Vineyard.

"All those nights Peter had to sit through the opera," Bubbles says. "I feel I owe it to him."

Ask ***Deborah Norville***, as we did, what she would want to be doing five years from now, and her answer is, "If I had said five years ago that I'd be doing this [replacing Jane Pauley on NBC's "Today" show] I'd wonder what was wrong with me."

The past *Post* cover subject also tells us, "I've been awfully blessed. And I think you just try to prove through your work that you deserve the breaks that came your way and that you made the best of them when they did."

What about the presence of older male TV broadcasters but the apparent lack of room for older women?

"Barbara Walters would probably take exception to that question," replies Norville. "The only reason you don't see many grandmothers on television is that women, in any large number, have not been in this business since before 1972. That's when the FCC mandated minority hiring—which included women."

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"Back to School"
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Decorated with a 22-karat gold border
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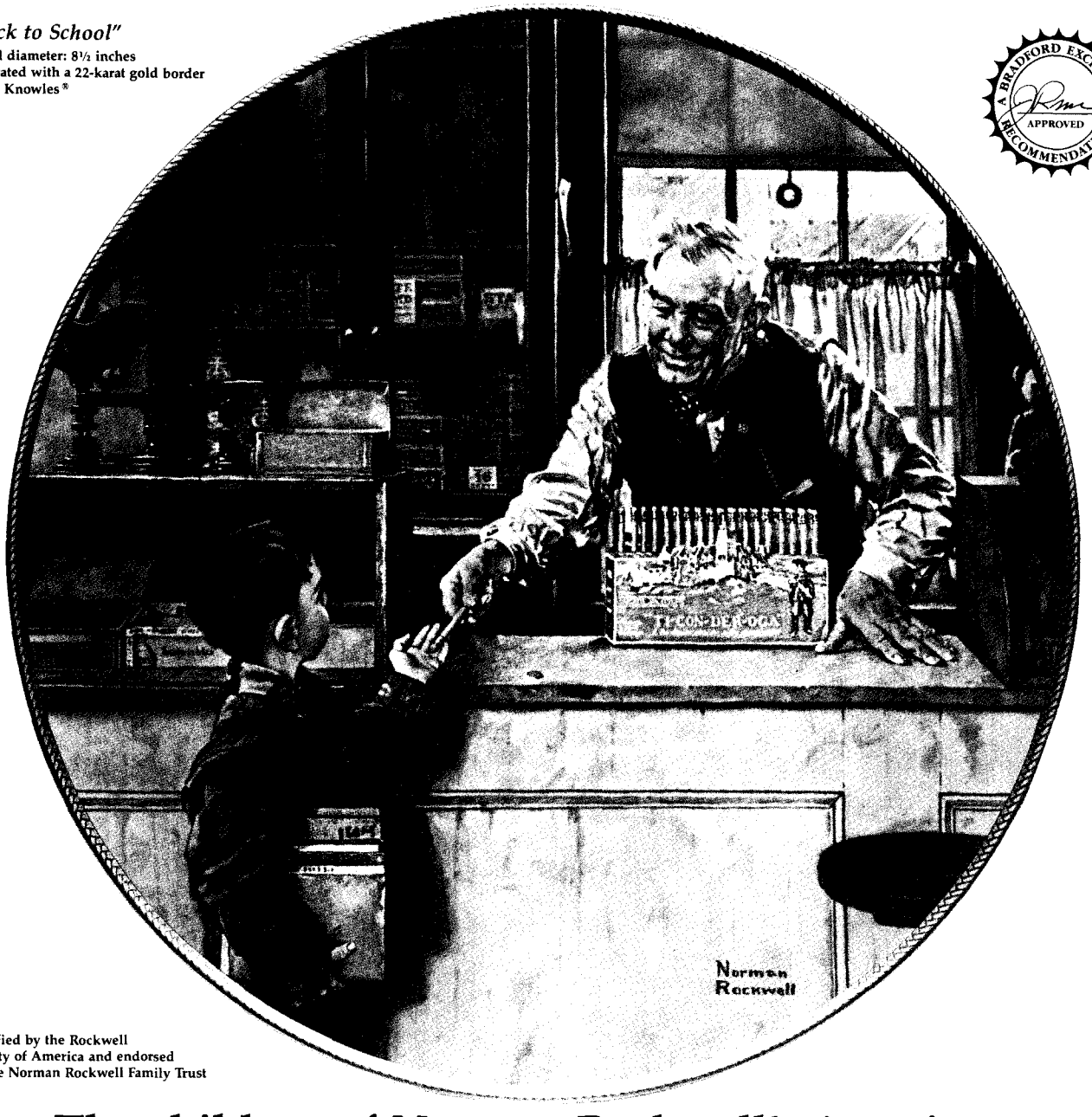

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Norman Rockwell's "Back to School" is produced in full color under the hallmark of the Edwin M. Knowles China Company, and is fully authorized by both the Rockwell Society of America and the Norman Rockwell Family Trust. And, like exceptional collector's plates that now command hundreds of dollars on the plate market, it appears well-positioned to go up in value after the edition closes.

Not all plates go up in value; some go down. But the edition of "Back to School" is strictly limited to a maximum of 150 firing days, and demand is expected to be strong. So if you wish to obtain this plate at the $29.90 issue price, the time to act is now. To order your plate – fully backed by our one-year money-back guarantee – send no money now, simply complete and mail the coupon at right.

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Enhancing Health with Harvest Crisps Crackers

Healthful "grazing" throughout the day will be more fun with these nutritious cracker treats.

There's a new school of thought that advocates eating small amounts throughout the day instead of the traditional three squares. We haven't researched this idea, but it would seem more natural for the digestive system to input its work in a steadier flow, now that we think about it.

Well, if healthy grazing or snacking is coming into vogue, we *have* researched the perfect vehicle for those petite food orgies!

Have you ever heard of a snack food that is not only good to eat but is actually good for you? No? Well, you're about to.

The new Harvest Crisps™ Crackers are low in total fat, low in saturated fat, low in sodium, have no cholesterol, and are a good source of complex carbohydrates. The 100 percent nontropical vegetable shortening also is in their favor.

We could have said flavor. Not only are Harvest Crisps a snack food with nutrition, but the natural grain crackers also have a toasted grain topping even the most pampered taste buds will find impossible to resist.

Yes, Harvest Crisps "go with the grain." Wheat flour, rolled oats, rice, yellow corn meal, barley flakes, oat bran, malted barley flour, onion powder, niacin, reduced iron, thiamine (vitamin B_1), and riboflavin (vitamin B_2) are some of the ingredients that help to lift this snack food out of the junk category.

Boasting of only 2 grams of fat to 10 grams of carbohydrates, this snack is good news for us who would heed the advice of the National Cancer Institute. We have been told that we should eat 50 to 60 percent of our calories in complex carbohydrates and only 20 to 30 percent of fats. So if you want to "carb up" like the athletes, and you can't do it with morning cereals, try a six-cracker serving of Harvest Crisps. Chances are you'll be reaching for six more. Go right ahead — you'll be getting only 2 more grams of fat.

And where can you get these nutritional snacks with the hearty flavor? Right here, from *The Saturday Evening Post*. We are including an eight-ounce box of 5-Grain Harvest Crisps with every new subscription or renewed subscription to America's favorite family magazine of hearty and healthful content.

Norman Cousins has said, "Laughter is the best way I know of to jog internally." The *Post*'s humor, cartoons, and Post Scripts will keep you jogging internally page after page. The Medical Mailbox and health articles will help you keep fit through the latest research, health tips, answered questions, and sound advice. You'll forget your cares absorbed in interesting cover stories . . . contests and quizzes.

Be the first on your block to enjoy the taste and reap the benefits from the new and nutritional Harvest Crisps snack cracker by subscribing or resubscribing today. Have the satisfaction of "eating right" and being the first to show your friends and neighbors that "grazing" can be better and more fun when you include these 5-grain Harvest Crisps.

As for being first on your block to subscribe to the *Post*, forget it. But if you can't beat 'em, why not join 'em?

An eight-ounce box of Harvest Crisps will be yours FREE when you fill out the card or coupon on which you'll find the retail price of the *Post*. A one-year subscription offers a substantial savings over the newsstand price. But . . . hold that pen! . . . first take a look at the big three-year bargain! Now make your move.

Nabisco's 5-Grain Harvest Crisps Crackers are low in total fat, low in saturated fat, low in sodium, have no cholesterol, and are a good source of complex carbohydrates.

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THE SATURDAY EVENING POST

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HEARTBEAT

The Healthy Heart Report

SALMON SAVVY

What is it about salmon that excites the imaginations and wins the accolades of some of the world's greatest chefs?

by Patrick Perry

Tomes have been written about salmon. Any gourmand worth his weight in caviar has orchestrated his own savory score to add to the vast repertoire of salmon recipes.

Until recently, however, salmon lovers were advised to exercise caution in consuming salmon. It was one of the "fatty" fish. Evidence now suggests that omega-3 fatty oils in salmon and other fatty fish, such as mackerel and sardines, may aid in the prevention of heart attacks and strokes. A two-year British study by researchers at the Medical Research Council in Cardiff, Wales, concluded that it made sense to encourage people to eat fatty fish more frequently. They found that heart attack survivors who eat just two servings of fatty fish a week can cut their chances of experiencing another attack by one-third.

Scientific news bulletins aside, eating more fish for a healthy heart makes excellent nutritional sense. With this in mind, let's set the ground rules for shopping and handling salmon, then explore some creative culinary possibilities.

When shopping for whole fresh salmon, never buy one not already cleaned; fish should be cleaned before they reach the retail shelves. Your sense of smell is your keenest asset in buying fresh fish. If it smells fishy, pass it by. Or if the fish is prewrapped in plastic when you purchase it and upon opening you find that the fish has a foul odor, don't hesitate to return it to the vendor. A reliable fish market is around the corner. Note the skin: fresh salmon is shiny; older fish appears dull.

Once home, rinse fresh salmon under cold running water. Pat it dry with a paper towel. Now, it's ready for cooking or storing. If you are not going to eat the salmon within two days from date of purchase, freeze it as soon as you arrive home. Place the steaks or fillets in heavy-duty plastic freezer bags or containers, and add cold water to immerse the fish completely; or tightly wrap the entire fish or pieces in moisture-proof plastic or foil, and compress the package to eliminate as much air as possible. Don't forget to date the salmon; flavor is at its peak if the fish is cooked within two months. Four months is considered the maximum. To thaw, defrost the unopened container in a bowl in the refrigerator. When the salmon has defrosted, rinse and dry it, then prepare it as you would fresh fish. But use the fillet or steak within 24 hours.

Salmon can be poached, steamed, baked, roasted, simmered, boiled, or grilled. Even for those with unpolished cooking skills, carefully following the simple cooking directions will make cooking salmon with finesse a snap.

Don't overcook. Overcooking is

Alaska Seafood Marketing Institute

Delicious salmon steaks can help prevent heart disease. One study showed a 17 percent decline in cholesterol in subjects who ate salmon and salmon oil daily.

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overkill with seafood. Although individual tastes do vary, fish is done when the flesh changes from translucent to opaque. Fish that's a little pink near the bones is more appetizing than overcooked and dry fish. To test for opaqueness, insert a sharp knife into the thickest part of the fish and pry the meat apart so you can see the flesh.

We hope you enjoy the sensational salmon recipes we've discovered for your eating pleasure and good health.

Mustard-Marinated Alaska Salmon
(Makes 6 servings)

1/4 cup each *olive oil, dry white wine, and lemon juice*
3 tablespoons each *Dijon mustard and minced onion*
2 cloves garlic, minced
Salt, if desired
1/8 teaspoon pepper
6 (4-6 oz. each*) Alaska salmon steaks, thawed if necessary*

Combine all ingredients except salmon in large shallow dish. Turn salmon in mustard mixture to coat both sides. Marinate in refrigerator 3 hours; turn once after 1 1/2 hours. Place salmon on well-oiled rack or broiler pan. Brush with marinade and place 4" from heat. Broil about 10 minutes per inch of thickness measured at its thickest part or until salmon flakes when tested with fork; turn steaks halfway through cooking time and brush with marinade.

Minted Salmon Spinach Salad
(Makes 4 servings)

1 can (7 1/2 oz.) Alaska salmon
2 cups torn fresh spinach
1 large tomato, cut in wedges
1/2 cup each *fresh peas, blanched; chopped sweet red pepper; and seeded, chopped cucumber*
2 green onions, diagonally sliced
Mint Vinaigrette

rain salmon; reserve 2 tablespoons liquid for vinaigrette. Break salmon into chunks; set aside. Place spinach on serving dish; place tomato wedges around edge. Combine peas, red pepper, cucumber, and green onions; stir in Mint Vinaigrette. Gently stir in salmon. Spoon onto spinach. Garnish with eggs.

Mint Vinaigrette: Combine 2 tablespoons *each* white wine vinegar, lemon juice, water, and reserved salmon liquid, 1 teaspoon crumbled dried mint, dash *each* salt and pepper; mix thoroughly. Makes about 1/2 cup.

Oriental Salmon Kabobs
(Makes 4 servings)

1 1/4 pounds Alaska salmon, thawed if necessary
1 large or 2 small cucumbers, peeled, halved, and seeded
1/4 cup each *low-salt soy sauce and dry sherry*
1 tablespoon rice wine vinegar or white wine vinegar
2 teaspoons honey
*1 teaspoon grated ginger root**
1 clove garlic, minced
1 teaspoon cornstarch
Sesame Rice
Toasted sesame seeds

Cut salmon into 1" cubes. Cut cucumber into 3/4" slices. Combine soy sauce, sherry, vinegar, honey, ginger, and garlic; pour over salmon and cucumbers. Marinate 1/2 hour.

Alternate salmon and cucumbers on skewers. Barbecue or broil about 5" from heat 1 1/2-2 minutes on each of 4 sides, for a total of 6-8 minutes or until salmon flakes easily when tested with fork. Baste with marinade each time kabobs are turned. Stir cornstarch into remaining marinade. Heat and stir until slightly thickened. Serve kabobs on Sesame Rice; sprinkle with toasted sesame seeds. Pass thickened marinade.

*One-fourth teaspoon ground ginger can be substituted.

Sesame Rice: Combine 2 cups hot

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HEARTBEAT

cooked rice with 2 tablespoons sliced green onion and 1 tablespoon toasted sesame seeds. Makes about 2 cups.

Broiled Fish with Three Peppers

(Makes 4 servings)

1 1/2 pounds fresh salmon steaks
2 tablespoons light olive oil
Salt and pepper to taste
2 tablespoons additional oil
1 small green pepper, cut into thinly sliced strips
1 small red pepper, cut into thinly sliced strips
1 small yellow or orange pepper, cut into thinly sliced strips
1/2 pound thickly sliced fresh mushrooms
1/2 tablespoon freshly chopped basil or *1 teaspoon dried*
1 small jalapeño pepper, finely minced (seeds removed)

Preheat broiler. Rinse salmon steaks under cold water. Pat very dry. Brush lightly with olive oil. Salt and pepper to taste. Broil fish 4-5" from heat source 6-12 minutes per inch of thickness until fish has just reached opaqueness throughout.

While fish is broiling, heat additional oil in large sauté pan over medium-high heat. Add remaining ingredients to pan. Thoroughly blend and stir 3-4 minutes until vegetables are heated through but still firm in texture.

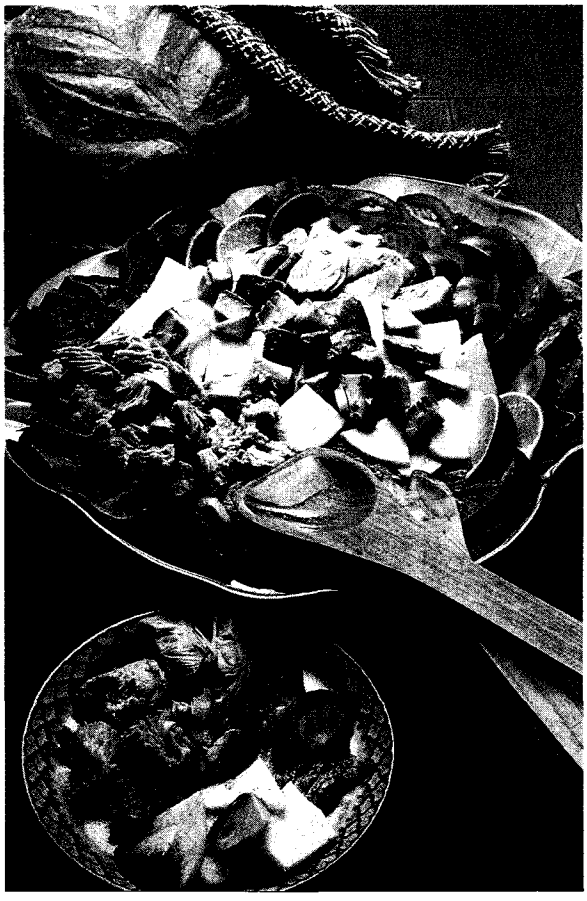
Portion fish on individual warm plates. Top each portion with sautéed vegetable mixture. Serve immediately.

California-Style Salmon Salad

(Makes about 6 servings)

1 can (15 1/2 oz.) salmon
1 jar (6 oz.) marinated artichoke hearts or bottoms
1 1/2 cups sliced and quartered jicama
2 small tomatoes, cut into wedges
Romaine lettuce
1/3 cup olive oil or other vegetable oil
1/4 cup white wine vinegar
1 clove garlic, minced
1/4 teaspoon salt
Dash black pepper
1 avocado, peeled, seeded, and diced into 1/2" cubes
Lime wedges, for garnish
Croutons, for garnish

Drain salmon and break into chunks. Drain artichoke hearts or bottoms and reserve 2 tablespoons marinade liquid. Arrange salmon, artichoke hearts, jicama, and tomatoes on lettuce-lined platter. Combine vegetable oil, vinegar, reserved 2 tablespoons artichoke liquid, garlic, salt, and pepper. Mix well. Stir in diced avocado; mix gently. Pour avocado mixture over salad. Garnish with lime wedges and croutons.



Shape up for summer weather with low-calorie, low-fat dishes, like California-Style Salmon Salad.

Salmon and Broccoli Stir-Fry

(Makes about 3 servings)

1 can (7 1/2 or 7 3/4 oz.) or cooked fresh salmon
3 teaspoons lemon juice, divided
2 tablespoons dry white wine or water
1/4 teaspoon grated lemon peel
1/8 teaspoon dry mustard
Dash pepper
12 ounces broccoli
4 teaspoons peanut oil
1 cup sliced mushrooms
3/4 cup julienned carrots
1/4-1/3 cup almonds

Drain salmon; break into chunks. Sprinkle with 1 teaspoon lemon juice. Combine wine, remaining lemon juice, lemon peel, mustard, and pepper. Peel and thinly slice broccoli stems; cut florets into small pieces. Heat oil in large skillet; stir-fry broccoli, mushrooms, and carrots 1 minute. Add wine mixture; cook, covered, 2 minutes or until vegetables are barely tender. Add salmon and almonds; cook and stir gently until thoroughly heated. Remove to heated platter. Recipe can be doubled.

Tip: Serve Salmon and Broccoli Stir-Fry with linguine, rice, or Chinese noodles.

Canned Salmon Gazpacho

(Makes about 6 servings)

3 cups chopped tomato
1 cup seeded and chopped cucumber
2/3 cup chopped mild onion
1/2 cup chopped green pepper
1 clove garlic, minced
*1 can (14 1/2 oz.) low-salt or homemade chicken broth**
3 tablespoons red wine vinegar
1 can (15 1/2 oz.) salmon
1 or 2 tablespoons olive oil, if desired
Salt and pepper

Combine tomato, cucumber, onion, green pepper, garlic, broth, and vinegar. Chill thoroughly; chill canned salmon. Just before serving, drain and chunk salmon. Gently stir salmon into vegetable mixture with oil; salt and pepper to taste. Serve in shallow soup plates. Recipe can be halved.

*Two cups seasoned vegetable broth can be substituted.

Salmon and Grapefruit in Grapefruit Shell

(Makes 4 appetizer servings)

2 medium white grapefruit
1 can (7 1/2 oz.) Alaska salmon
*4 ounces (about 1 1/2 cups) blanched fresh edible pea pods**
1/4 cup finely chopped celery
Oriental-Style Dressing
Lettuce leaves
Cracked pepper

Cut grapefruit in half; remove sections and reserve. Remove and discard

continued on page 108

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MAKE A HEALTHY CHOICE.

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VETS ON PETS

WHAT'S BUGGING YOUR PET?

Worms may be the problem when your cat or dog is down and out—but getting rid of these pests is best left to your vet.

by Gabrielle Hoeppner, D.V.M.

Particularly in spring and summer, "worms" (internal parasites) can invade and often damage your dog's or cat's intestinal tract, stomach, and many other organs. Each kind of parasite has a different life cycle; each damages different organs and requires differing medications and control practices. A precise diagnosis from your veterinarian is necessary.

Using over-the-counter medicines for "worms" can delay proper treatment and complicate an already serious illness. All "wormers" are potential poisons; they must be used carefully. Worming with the wrong medicine or at an incorrect dosage—or using wormers in an animal already sick—can have disastrous results.

How Can I Tell If My Animal Has Worms?

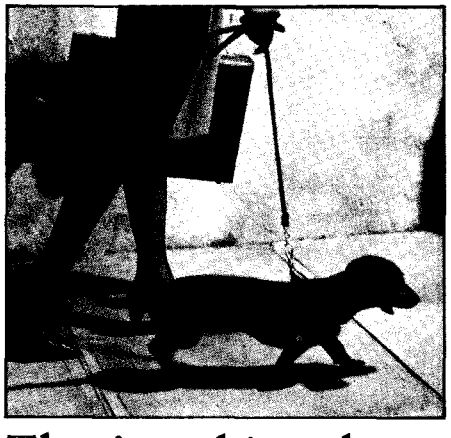
Parasites are often unnoticed until the pet (the host) can no longer compensate for the damage. Cats and dogs are equally susceptible to worms. Some signs to look for are vomiting; chronic or intermittent diarrhea; pale mucous membranes (indicating anemia); poor hair coat; loss of weight; failure to grow properly despite a good diet; coughing; bloated bellies (in puppies); or blood in the stool (in kittens). (Contrary to popular belief, eating grass or scooting on the rear end is not usually a sign of worms.) Weakness or sudden death in puppies before or at weaning can be caused by excessive blood loss due to hookworm infection. These symptoms may not all appear in each case; pets that show none of these signs may still have worms.

Although parasites can cause serious illness or even death, they aren't necessarily serious if treated promptly. The most reliable way to tell if your dog or cat has worms is for your veterinarian to check a fresh bowel movement. This step is particularly important in mild, damp climates, where parasites thrive best.

What Are Some Common Parasites?

Roundworms (Ascarides)—These parasites, common in both dogs and cats, are more often seen in young animals. They may be seen in bowel

Millions of people are keeping their dogs



They're taking them to their veterinarian for a heartworm test.

Heartworm disease can be deadly to your dog. And now it has been reported from almost every state in the country. Anywhere you find mosquitoes, you can find heartworm disease.

Fortunately, preventing heartworm disease is easy.

Just ask your veterinarian to test your dog for heartworms. And ask about HEARTGARD-30® (ivermectin)—the heartworm disease preventive you give to your dog once-a-month.

HEARTGARD-30 has established itself in terms of safety and effectiveness in all breeds of dogs. In tablet form,

Composition: Each HEARTGARD-30 chewable or tablet contains 68, 136, or 272 micrograms of ivermectin. **Indications:** HEARTGARD-30 is for use in dogs to prevent heartworm disease caused by *Dirofilaria immitis* by eliminating tissue stage larvae. **Precautions:** Dogs should be tested by your veterinarian for existing heartworm infection prior to starting treatment with HEARTGARD-30. A mild hypersensitivity-type reaction, involving a transient diarrhea, may occur after the treatment of dogs that have circulating microfilariae. When given at many times the recommended dose, ivermectin (the active ingredient in HEARTGARD-30) caused serious adverse reactions, including death, in certain dogs, particularly of the collie breed. **Observe collies closely for at least eight hours after treatment. If unusual signs, such as dilated pupils, depression, staggering gait, tremors or paralysis are seen following treatment, contact your veterinarian immediately.** HEARTGARD-30 is not effective for treatment of adult

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movements, or they may be vomited as long, rounded parasites up to four inches long. Pets pick up the larvae (immature forms) of the parasite from areas contaminated with stool or from their mothers when nursing. The larvae, which migrate through the liver and lungs, may cause coughing and extensive damage to these organs. Improper treatment can be dangerous.

Hookworms—Hookworms, seen in dogs and cats of all ages, attach to the intestinal wall and suck blood, causing a severe anemia. They can be passed from the mother to the young through her milk. Pets can pick up these worms from areas contaminated with the droppings of other animals.

Whipworms—These small worms are found in the lower bowels of dogs and puppies. Because their eggs are resistant to exposure to the elements, they can be difficult to control. They cause a chronic, bloody diarrhea, loss of weight, and nutritional deficiencies.

Tapeworms—Tapeworms, visible as small, moving white ricelike segments on your pet's anal area and in the stool, can be difficult to eradicate completely because they pass through fleas, rabbits, and small rodents as the intermediate hosts. Pets get the worms when they eat rabbits or rodents or accidentally ingest fleas. Although as a first step you can keep pets from hunting, total flea control is often very difficult. Frequent worming may be needed. Affected animals have an "under the weather" appearance, poor haircoats, or weight loss. However, pets harboring tapeworms can look perfectly healthy.

Protozoan parasites—Once a pet is infected with the parasites *Coccidia* and *Giardia*, they may never be completely eliminated; repeat episodes of diarrhea (perhaps with blood) may occur when the pet is under stress. Your veterinarian can give you medication to treat the problem.

Heartworms—Heartworms live in the hearts and large arteries of dogs as well as of cats and other animals. Spread from animal to animal by mosquito bites, they are now found in most parts of the country. Symptoms may not be seen for years after the initial infection. Meanwhile, the infection can spread from the infected dog to other animals and even man. Symptoms include coughing, exercise intolerance, labored breathing, and other signs of heart failure. Treatment is best done before other organs like the liver and kidneys are damaged. A very effective and safe preventive can be prescribed by your veterinarian—after blood tests determine that your dog is free of infection.

Other parasites—Parasites of the bladder, kidneys, lungs, and skin may also affect your pet, but they are less commonly seen.

How Are Parasites Treated?

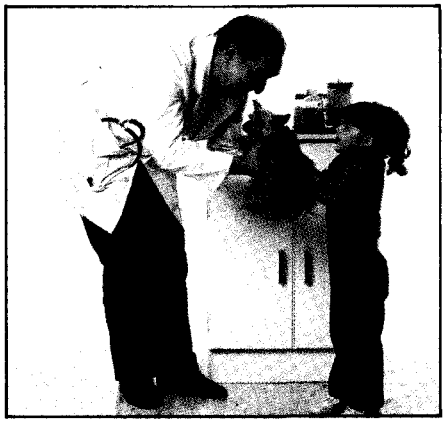
Your veterinarian will prescribe specific medications for the parasites your pet has. After treatment, the vet will tell you how to disinfect and clean your pet's living areas to prevent reinfection. A repeat treatment will be necessary to ensure that all parasites are dead. Follow-up examinations as recommended by your pet's veterinarian monitor the success of your hygiene-and-treatment program.

Timing is the key to getting rid of worms and their damage for good. Ask your veterinarian for a copy of the Gaines booklet *How to Control Worms in Dogs*, an informative booklet that explains more about the parasites that can affect your pet. You can also obtain a copy by writing to Quaker Pet Center, P.O. Box 9001, Chicago, IL 60604-9001.

Can I Get Worms from My Pet?

Several parasites can be transmitted

one step ahead of heartworm disease.



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heartworm infections or for clearance of microfilariae. **Caution:** Federal (U.S.A.) law restricts this drug to use by or on the order of a licensed veterinarian. Keep this and all drugs out of the reach of children. See your veterinarian for complete information. MSD AGVET, Division of Merck & Co., Inc., Rahway, NJ 07065-0912, USA. ®HEARTGARD-30 is a registered trademark of Merck & Co., Inc., Rahway, NJ.
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from pets to people—another good reason to keep pets parasite free. Few cause serious problems in healthy adults. However, young children and infants, unborn fetuses, or others with depressed immunity may be affected.

Roundworms can migrate to the brain, the eyes, or the internal organs of children. (See "Medical Mystery," page 46.)

Giardia can cause diarrhea in people of any age.

Hookworms can cause skin eruptions and irritation.

Tapeworms can cause some abdominal pain and diarrhea. Small children are the most frequent victims.

Heartworms found encysted in the lungs of people have been confused with lung cancer on X-rays.

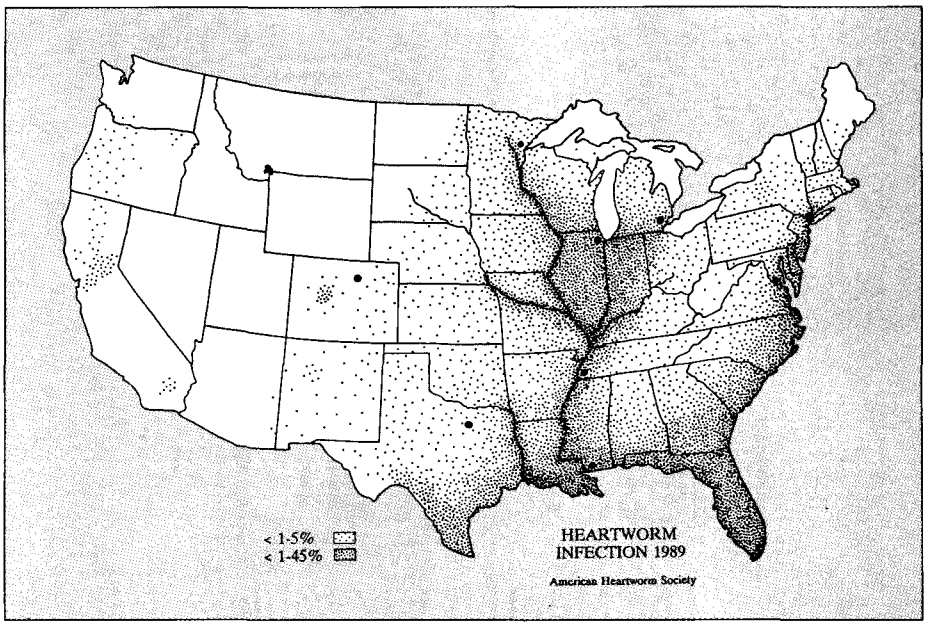
Toxoplasmosis can cause congenital defects or abortion of the human fetus if contracted by the mother during pregnancy. It can cause flulike symptoms in children and adults.

Several steps can be taken to reduce the chances of parasites' being passed from pets to people.

- Cover children's sandboxes when not in use.
- Keep pets free of parasites as recommended by your veterinarian. This may entail frequent visits in some cases. Watch pets closely for such signs as visible worms in the stool, diarrhea with or without blood, and chronic vomiting.
- If you're pregnant, avoid coming into contact with cat feces, eating rare or raw meat, and gardening without wearing gloves.
- Keep children away from areas contaminated with dog feces in public parks and playgrounds. When walking your dog, clean up after him and encourage others to do the same.
- Teach children to wash their hands thoroughly after handling pets and to avoid kissing pets on the mouth.
- Ask your vet to recommend cleaning and disinfection methods.

What Can I Do to Protect My Pet from Parasites?

- Have pets' stool samples checked periodically by your vet. Let the vet prescribe the proper medications on the proper schedule for effective parasite removal. Do not rely on over-the-counter worm medicines, which are often ineffective and dangerous.
- Keep pets away from areas frequented by large numbers of strange animals and strays. This includes city parks. Fence your yard to keep out strays. Clean up after your pets when you do go out.
- Use preventives where available. Your veterinarian can prescribe preventives for heartworms as well as for some other intestinal parasites.
- Practice good flea control.
- Prevent pets from hunting if at all possible.
- Treat female dogs as needed before breeding them, and keep whelping areas clean.
- Keep pet areas *clean*, *clean*, *clean*! Clean droppings out of the yard, kennel, or litter box at least four times a week. Dispose of feces properly.



Heartworms proliferate wherever mosquitoes are present, especially coastal areas.

Parasite Myths

Myth #1: My pet can't have worms because I've never seen them.

Fact: Only roundworms and tapeworms can be seen without magnification. Most worms don't appear in the stools. The parasites lay microscopic eggs passed with a bowel movement. Fecal contamination is a primary source of worm infection.

Myth #2: I can get rid of my dog's worms by feeding him tobacco, garlic, or one of the wormers from the pet store.

Fact: Garlic has never been proved to be an effective worm killer. The nicotine in tobacco may kill a few worms, but the tobacco necessary would likely poison your pet. Wormers bought over-the-counter may not be as safe or as effective as those prescribed by your veterinarian. Safe, effective treatment depends on an accurate diagnosis.

Myth #3: My dog scoots on his rear end and eats grass because he has worms.

Fact: Dogs and cats eat grass for taste, nutrition, and variety. Rear-end scooting is likely done to empty the anal sacs. But irritation from tapeworms may also cause scooting in some animals. If your pet scoots frequently, he should be seen by a vet.

Myth #4: My pet can't have worms because he's fat and appears perfectly healthy.

Fact: Pets can harbor many worms while outwardly appearing healthy. However, left untreated, the worms will leave your pet's immune system weakened. Parasites can also cause complications during surgery, and they will eventually adversely affect your pet's health and its nutritional status.

Myth #5: My pet can't have worms. We wormed him last year.

Fact: Pets can easily become reinfected with worms, and they may need repeated treatments. Each situation is different. Your veterinarian can check stool samples periodically and set up a worming program tailored just for your pet.

Myth #6: My child got pinworms from the dog.

Fact: Children can get some parasites from their pets, but not pinworms. Pets do not have pinworms.

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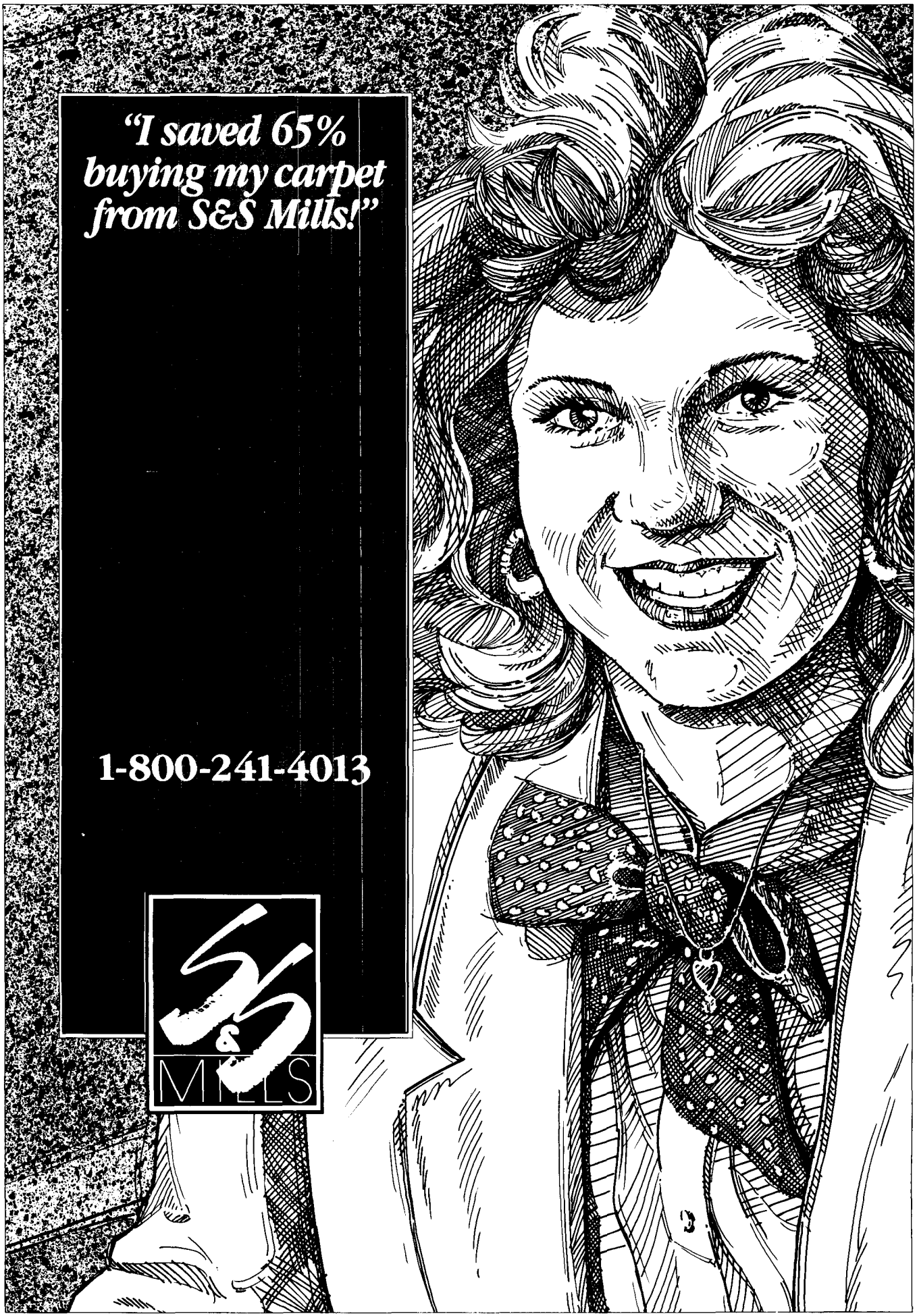

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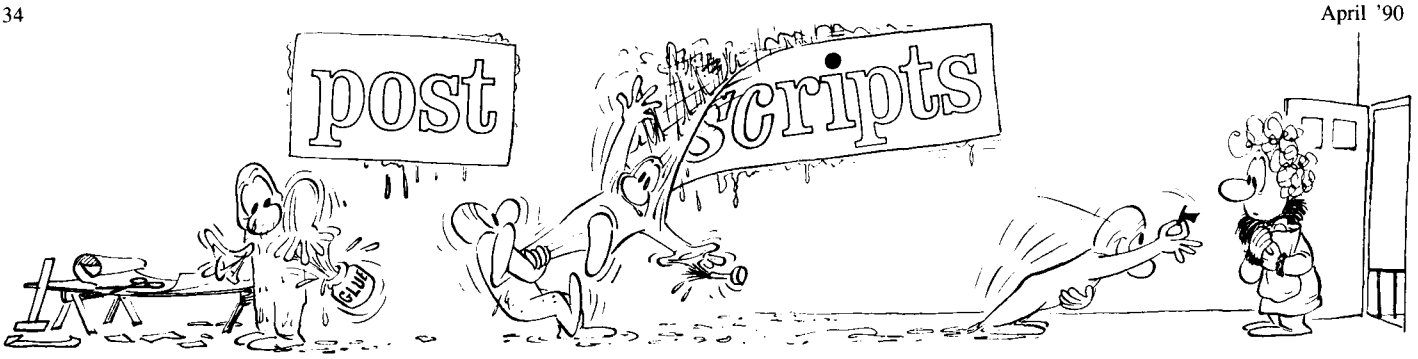


At the Right Time

Recently, one woman told a friend about a conversation she had with her children's baby-sitter. "Since your children are sick and my family is getting ready to go on vacation, I can't keep them," the baby-sitter told her. "When we get back home, though, I'll take any disease!"

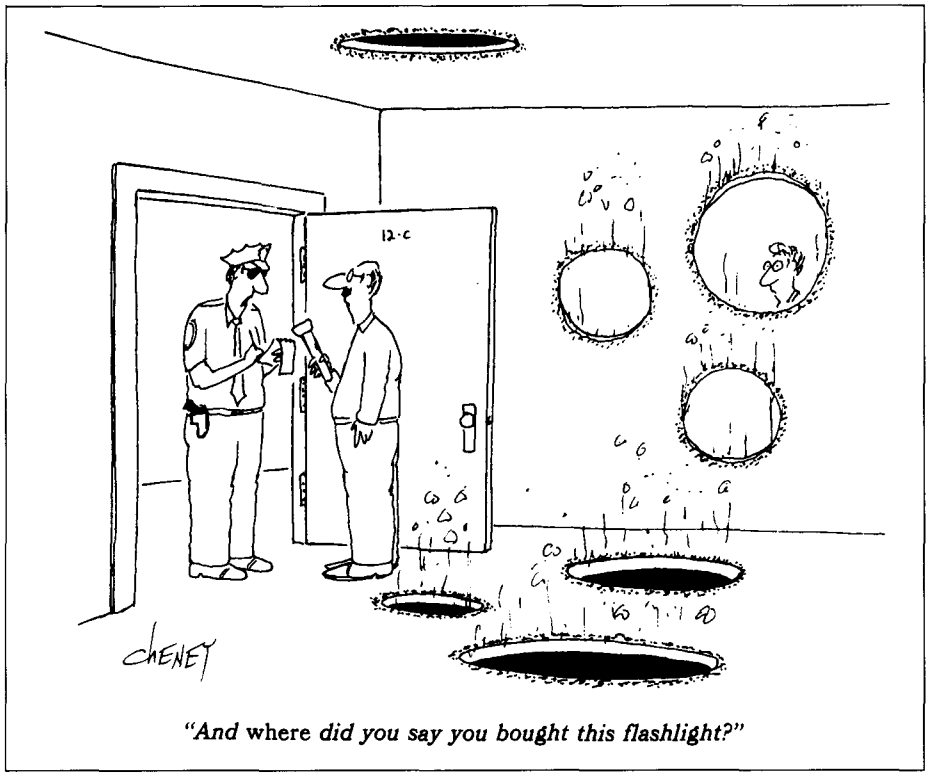
—Vicki Snyder

There's One in Every Office

Internal Revenue received a typed income tax return from a bachelor who had listed one dependent. The examiner returned it with a notation: "This must be a stenographic error."

"You're telling me," the taxpayer answered in writing after the penciled notation.

—James Curnane



"And where did you say you bought this flashlight?"

All Work and No Play

"Do you know what a job it is being a little girl? I always hafta look good and smell good and act good and wear dresses and take baths even when I don't wanna."

"Aw," the little boy said, "you got it easy. I hafta hold back tears even if it kills me and get haircuts and wash my hands 20 times a day even when they're clean and fight when I don't wanna or else be called a sissy."

—James Curnane

Bare Facts

An incident occurred involving a young man and a young lady who decided it would be fun to drive around their city without wearing clothes. They ran a red light and a police officer stopped them.

The officer took them to the police station and charged them with indecent exposure. On his report the officer wrote, "I searched both of the suspects and found nothing unusual."

—Laurie Baker

Food for Thought

A stewardess had announced that for the in-flight meal there would be two choices of entrée—chicken breast or pepper steak. These choices held up until she got to the last few rows of seats, where she ran out of pepper steak. Still, all went well, because the remaining passengers were pleased to take the chicken, except for one fellow on the aisle. "I had my heart set on that pepper steak," the fellow on the aisle complained, "and I'm really disappointed." "Don't feel bad," the stewardess said, "with airline food it all tastes the same anyway."

—Mel Loftus

Interest-ed Party

During a wedding rehearsal, the minister asked the traditional "Who gives the bride away?"

The father of the bride, who was paying for the expensive wedding, replied: "The Security State Bank."

—J. E. Terzich

All Put Out

A first grader was talking about the recent fire in his school.

"I knew it was going to happen," he said, "because we have been practicing for it all year."

—J. E. Terzich

Marriage Vow

The pastor of a big-city church ran an ad for a caretaker-housekeeper. The next day, a well-dressed young man appeared at the pastor's door. But before he could say more than, "Hello, I came to see about . . . ," the pastor began questioning him.

"Can you sweep, make beds, shovel walks, run errands, fix meals, balance a checkbook, and baby-sit?" the churchman asked.

"Whoa," the young man said. "I only came to see about getting married, but if it's that much work, I'm not interested."

—Virginia Myers

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The Baby Makers

Bobby: "Mom, I told you if I asked Dad where storks get the babies they deliver to people's homes he'd tell me, so now I know. The stork picks up some of them at J. C. Penney's, but most of them are picked up right off the loading platform at Sears & Roebuck. Boy—I can't wait to tell that little know-it-all Frankie. He thinks all babies come from Japan."

—H. Remington Jones

Fruit Stand

Remember, a top banana is supported by the rest of the bunch.

—Frank Walsh

Kick in the Grass

An education is what a college kid has to settle for if he doesn't make the football team.

—Laurie Baker

Attract-ive Regimen

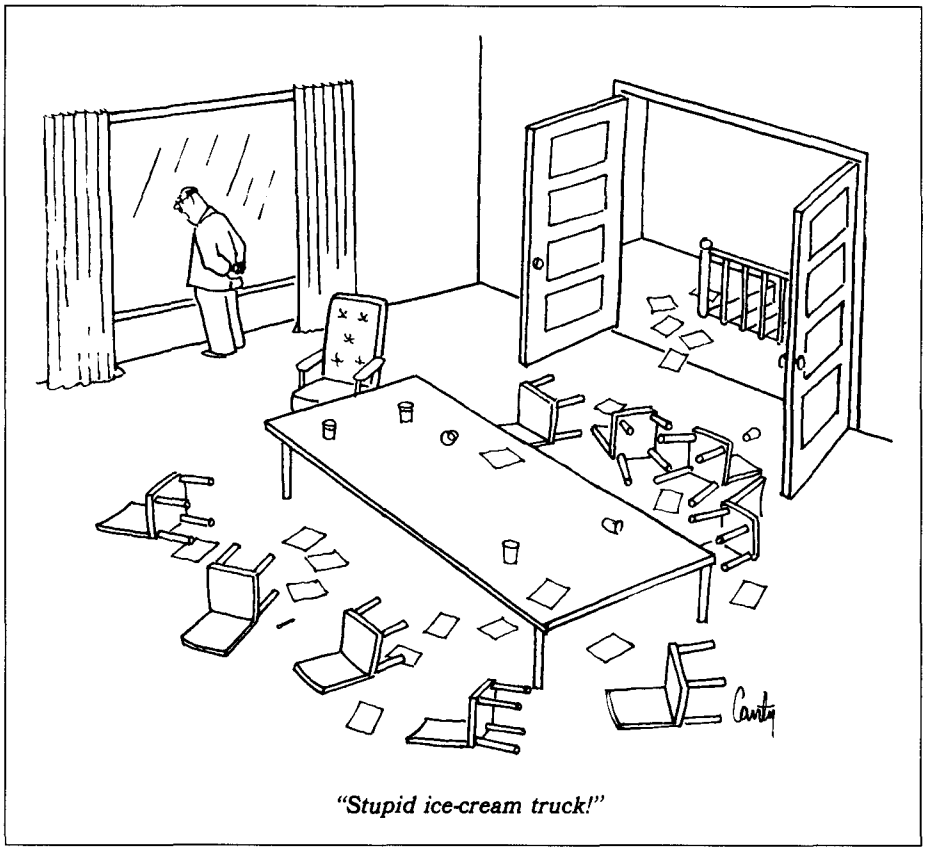
A man met an old friend who had been ill for some time and asked him how he was feeling.

"Fine," he replied. "I'm feeling much better. I've been going to a different doctor, and he's been giving me iron shots, iron tablets, and iron intravenously."

"I'm glad to hear that. You are feeling better all the time now?"

"Sure do—as long as I face north."

—J. E. Terzich



"Stupid ice-cream truck!"

Lifetime Diet

Put bathroom scales in front of the refrigerator.

Fill a bucket with 20 pounds of sand, and each day use a trowel to scoop out an amount equal to the weight you have lost. (Or add sand to the bucket, if you gain.)

Eat all you want of everything you don't like.

Exercise regularly by shaking your head back and forth "no" and pushing back from the table or counter.

Keep both the refrigerator door and your mouth closed most of the time.

Eat all you want—chew, but don't swallow.

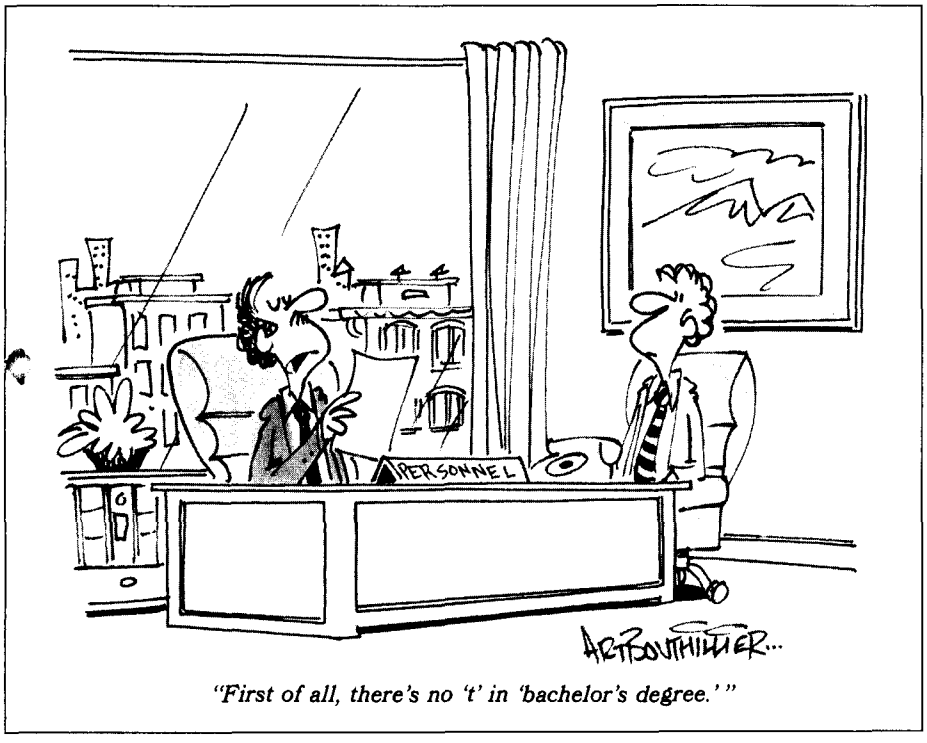
A simple exercise program, walking several miles each day, does not mean browsing leisurely through shopping malls.

The best thing to eat is—less.

Think three words at mealtimes: "That's enough, thanks."

Just remember that if everyone weighed 400 pounds, you would be relatively thin.

—Sam Ewing



"First of all, there's no 't' in 'bachelor's degree.'"

The Trouble with Fishing

I don't like to go fishing.
The water is always so wet.
I never get what I fish for;
I fish for what I can get.

—Evelyn Swetnam

Two Bad!

There's little mystery why a man should wish to marry, but why he should wish to marry two women is a bigamistery.

—Bert Lee Hudson

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BOOK REVIEW

THE MERRY MEMOIRS OF GEORGE BURNS

Best friends all come to life as this ageless entertainer recalls his remarkable 83 years in show business.

by Maynard Good Stoddard

All My Best Friends
by George Burns, with David Fisher
G. P. Putnam's Sons, New York,
320 pages, $17.95

Like Ol' Man River, 94-year-old George Burns keeps rollin' along. In *All My Best Friends,* he rolls merrily on a joyous journey through his careers in vaudeville, burlesque, minstrel shows, the theater, silent movies, talkies, television, and records. On the way, his anecdotes and witticisms recapture his working buddies, living and dead, with the same warmth and humor that kept *Gracie: A Love Story* on the bestseller list for six months. *Best Friends*, his eighth book (number nine has been promised for this year), should be a surefire candidate to take over where *Gracie* left off.

Let us then join the ageless author and entertainer backstage through his 83 years in show business ("I may make it my career," he says) and meet his friends against a backdrop of poverty and riches, marriage and divorce, charity and hijinks, high finance, and often, poverty again. It's the story of Burns' loving relationships with Al Jolson, Eddie Cantor, Georgie Jessel, Jimmy Durante, Ed Wynn, Fanny Brice (remember Baby Snooks?), Bob Hope, Walter Matthau, Milton Berle, the Marx Brothers, the Ritz Brothers, and many, many more. Gracie Allen, of course. And Jack Benny—perhaps his best friend of all.

"Most of what I say is true," Burns explains at the outset of the book. "The rest is show business." Certainly true are Burns' memoirs of early days in the risky business of entertainment. "I've already told you I lie a lot," he confesses. "But believe me, I was awful. If I was going to make something up, I would tell you I was good. But even I'm not that big a liar."

Burns writes about how his friends struggled to make their living, never dreaming they were creating modern show business. He tells of Archie Leach, earning five dollars a week as a stilt walker at Coney

(Above) Burns claims, "Jack Benny could get laughs without saying a word." (Right) Burns was supposed to get the laughs, but then he married Gracie Allen, here undergoing a brain transfusion, with Franklin Pangborn and W. C. Fields assisting.

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Island before changing his name to Cary Grant. He recalls a kid who had lost half his index finger when a sewer grate fell on it. The kid would stand on a street corner and hold that stub against his forehead. It really looked as if the rest of his finger were sticking in his head, Burns remembers. Amazed onlookers would usually give him a few pennies. If they didn't, he would get even by holding his stub under one nostril.

Reviewing *All My Best Friends* is like awarding a boy five minutes of free shopping in a candy store: where to begin?

- Jimmy Durante? His nose was so big he was afraid people would laugh at him. And they did. It made him rich. Or how about mistaking the imprint of Jimmy's nose in the Sidewalk of the Stars for a pothole?
- Sophie Tucker? Her voice was so strong she could audition for a part in New Jersey without leaving New York.
- Lou Holtz? He is the kind of man valued in a card game—a rotten player with money.
- Charlie McCarthy, Edgar Bergen's famous dummy? When Marilyn Monroe told Charlie, "I'm just a woman," the dummy replied, "But you're so good at it."
- Groucho Marx? One of Groucho's wives was non-Jewish. They had a lovely daughter named Melinda, who one day went with her friends to a club that didn't allow Jews. She wasn't allowed to go in the pool. When Groucho found out, he wrote a letter to the president of the club asking, "Since my daughter is only half Jewish, would it be all right if she went into the pool only up to her waist?"

When Burns' friends finally made it, they worked almost as hard to give some of it back. "If there was an audience," Burns reflects, "Milton Berle would host a fund-raiser to prevent chapped lips. Georgie Jessel would appear at the opening of a TV dinner carton. Jack Benny was always doing something for charity. He would appear at lottery drawings—in New Jersey he once gave away a million dollars, then fainted."

Jack Benny. It would be easier to count the pages of *All My Best Friends* on which his name *doesn't* appear. On Benny's violin playing, Burns quotes Isaac Stern: "When Jack Benny walks onto the stage in tails, in front of 90 great musicians, he looks like the world's greatest violinist. It's a shame he has to play."

Benny himself, according to Burns, confessed that the most expensive seats for his concerts were farthest

George Burns and his best friends would go to any extreme in cooking up gags. A Friar's Club roast provided Benny, Jessel, Burns, and Jolson an ideal opportunity.

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from the stage. "In fact," Benny stated, "for $250, you don't have to show up at all." In 15 years Jack raised almost $6 million for the benefit of classical music. Of course, Burns comments, many people felt that that was his way of paying for the damage he had done it.

There's also an account of Benny's buying a thoroughbred race horse. He named it Buck, on the strength of its good bloodlines. His father was Upset, the only horse to beat Man o' War, and his mother was a good stakes horse named Helen T. But Buck never won a race. He was terrible, to quote Burns. And Jack just couldn't understand it.

"How can he not win with those parents?" he groused.

"Well," Burns says he suggested, "maybe he was adopted."

Raised in poverty, most of Burns' friends didn't know what to do with their money after becoming wealthy. But the stock market crash of '29 took care of that problem rather nicely. As Burns records it, Groucho lost $240,000, his life's savings; Jessel, $400,000; Jolson, not one to let Jessel beat him in anything, $460,000; Ed Wynn, listed as one of the five richest people in show business, more than $2 million in three days.

Afterward, Burns adds, Jessel checked into a hotel and asked the clerk for a room on a high floor. The clerk asked, "Will that be for sleeping or jumping, sir?"

You'll read about Jessel's annual marriage. And about how, after a third divorce from the same woman, he tried to claim the divorce attorney as a dependent. About Frank Fay's testifying in court that he was the world's greatest comedian: later, criticized for boasting, he shrugged and said, "What could I do? I was under oath." And of course there's Bob Hope, "who has a new book coming out soon. I'll tell you the part I like best," Burns tells us, "—the part where he quotes this book. It's hysterical. Buy it, you'll see for yourself."

Trying to cover this scrapbook of Burns' best friends is like trying to scrub an elephant with a toothbrush. Yet we can't leave it without adding at least a few of Burns' running comments on Milton Berle.

Although the author writes early on that he loves Milton, later on you begin to wonder whether that's true. He says that Berle, nicknamed "The Thief of Badgags" for stealing other comedians' best material, once was introduced as the man who steals the show—one joke at a time. When Bob Hope claimed that Milton had stolen some material from him, Sarah Berle became very upset. "My son would never stoop so low," Burns quotes her as saying. "My son stoops high."

People said Berle was responsible for selling more TV sets than anyone else in history. "I know that's true," Joe E. Lewis said. "I sold mine. My brother sold his."

Many performers wouldn't do the show, Burns recalls, because Milton did everything to remain the center of attention except shoot the guest star. "Someone once wrote that the man who said nothing was impossible had never tried to get between Milton and a camera," Burns writes. "Mahalia Jackson was a wonderful gospel singer; she sang about trouble and hardship and having faith in the Lord. But until she worked with Milton, she didn't know what trouble was," Burns writes. She later agreed that Milton was a genius, but if she were ever in his show again, she said, "he had better not genius all over me."

All My Best Friends is not without its poignant moments. In a rare interlude, Burns describes Jack Benny's final laying out: "I went upstairs to Jack's room and he was lying there, his hands clasped in front of him, just like he used to hold them onstage. He looked like he had just told a joke and was waiting for his laugh. Some joke."

Burns closes one chapter by recalling a New Year's Eve party at Harpo Marx's house. Many of his best friends were leaving at about three o'clock in the morning: "We were all standing outside, waiting for our cars, the sky was filled with stars and the air was crisp and we were all together and everybody felt wonderful. Then suddenly, from the sky we heard a clarinet playing a slow, beautiful version of 'Auld Lang Syne.' It was Harpo, standing at an open upstairs window, playing good-night to his friends. Nobody said a word. This was a group that couldn't say good morning without doing five minutes, but nobody said a word. And I'll never forget it."

They're gone now, most of the legendary stars of show business, the best friends of George Burns. Sadly he lists them: "Jolson, Jessel, Cantor, Wynn, Groucho and Harpo, Danny Kaye, Jack Pearl, Haley, Fields, Blossom and Benny, Fanny, Jesse Block . . . Jack. All the others. I miss them all. And most of all, Gracie."

Gone, yes, but through the pages of *All My Best Friends* they live again, as George Burns recounts his 83-year love affair with show business.

Although Burns says he got his start in show business singing with "The Pee Wee Quartet," Danny Kaye, Frank Sinatra, and Groucho Marx were not the other members.

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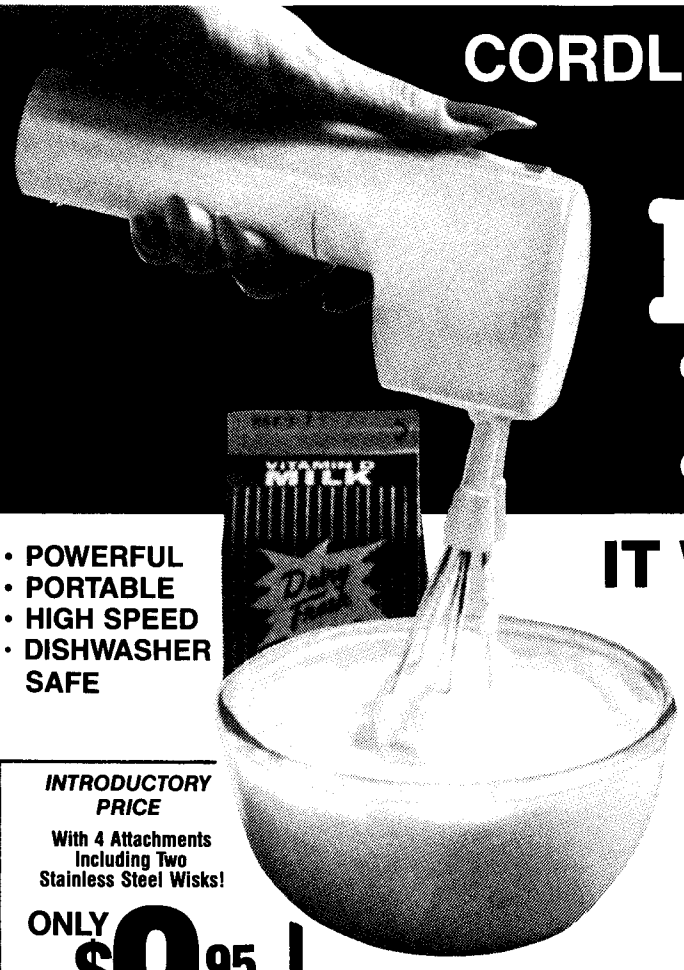

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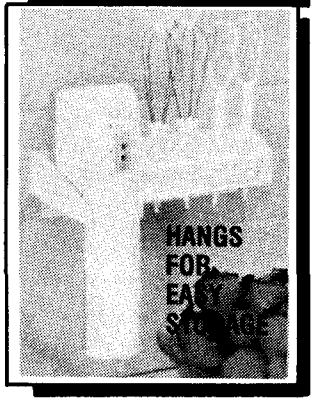

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HEARTBEAT

The Healthy Heart Report

CONFRONTING CHOLESTEROL

A dozen foods you should eat every week to maintain a heart-healthy diet.

by Kenneth H. Cooper, M.D., M.P.H.

Nutrition is the key to lowering cholesterol. If your cholesterol level is elevated (200 mg/dl or above), a proper diet is the first step to a safer level. A relatively moderate but disciplined approach to diet and exercise could well improve any cholesterol abnormality in your blood—and in a relatively short time.

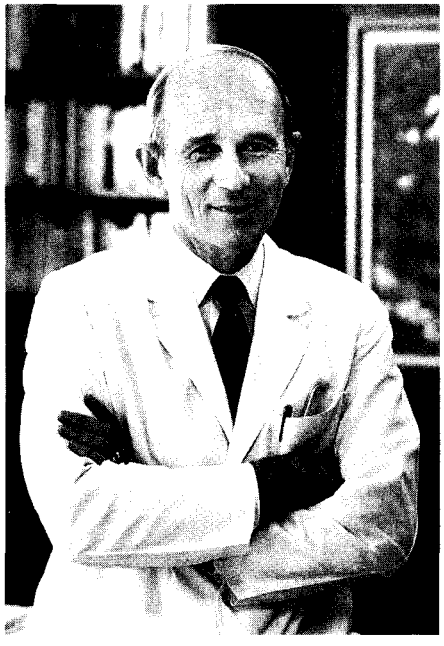
To maintain or achieve a normal cholesterol level, you should stick to a diet that is 50 to 60 percent carbohydrates, 10 to 20 percent protein (mostly from lean meats, poultry, and beans), and 20 to 30 percent fat.

Of course, it's important to be realistic about what you can expect your diet to do. By diet alone, the ordinary person can reduce his or her cholesterol by a maximum of 50 mg/dl (from 250 to a consistent 200, for example). And though some people will experience little success with diet and may require drug treatment, others (and you may be one of them) can expect to do much better than average.

Foods to Include

Eating these 12 food types weekly can help you maintain a healthy cholesterol level:

- *Seafood*—approximately 16 ounces
- *Poultry*—at least 5 servings
- *Lean meat*—limit to 6 to 12 ounces
- *Skim milk*—14 or more servings
- *Low-fat cheese*—limit to 7 ounces
- *Oats, beans, apples*—at least 7 servings
- *Vegetable oils*—use half polyunsaturated and half monounsaturated
- *Fruits and juices*—eat more fruits, because they have more fiber
- *Breads and grains*—a mixture of whole grains, including brown rice, oats, wheat bran, pumpernickel, or rye bread
- *"Diet" fats*—use diet margarine, mayonnaise
- *Salad dressings*—use low-calorie dressings, 20 or fewer calories per tablespoon
- *"Sweeteners"*—raisins, bananas, fruit, cinnamon, vanilla extract, light syrups, diet jellies, apple butter.



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The following 1,500-calorie menu is designed for women. Men's portions would be larger to meet their daily calorie requirements.

Breakfast

2 small Oatmeal Pancakes or Whole-Wheat Pancakes with 1/2 cup blueberries and 1 tablespoon diet margarine or light syrup
1 cup skim milk *or* 4 tablespoons skim ricotta cheese

Lunch

2 1/2 cups Cajun-Style Red Beans with Brown Rice
1 tomato and lettuce salad with 1 tablespoon French dressing
1 medium orange
1 cup skim milk

Supper

1 cup pasta
1/2 cup Easy Meat Sauce (2 ounces meat, 1/2 cup tomato sauce)
3 tablespoons Parmesan cheese
1/2 cup stir-fried zucchini in 2 teaspoons olive oil
1 medium apple, fresh or baked

Oatmeal Pancakes

(Makes 12 small pancakes, each 5" across)

1 1/2 cups uncooked oatmeal
2 cups buttermilk
1 egg or *2 egg whites*
1 cup whole-wheat flour
2 teaspoons baking soda
1 banana, mashed

Combine oatmeal, buttermilk, and egg. Let stand at least 1/2 hour, or refrigerate up to 24 hours. Add remaining ingredients and stir batter just until dry ingredients are moistened. Bake on hot, lightly oiled griddle.

Whole-Wheat Pancakes

(Makes 12 small pancakes, each 5" across)

2/3 cup whole-wheat flour, preferably stone-ground
1/3 cup flour
1/4 cup oats or *1/4 cup more whole-wheat flour*
2 tablespoons wheat germ
2 teaspoons sugar
1 teaspoon baking powder
1/2 teaspoon baking soda
1/8 teaspoon salt, if desired
3 egg whites
1 cup buttermilk
1/4 cup skim milk, more if needed
1 tablespoon corn or safflower oil
1/4 teaspoon vanilla extract, if desired

Mix dry ingredients in medium bowl.

continued on page 92

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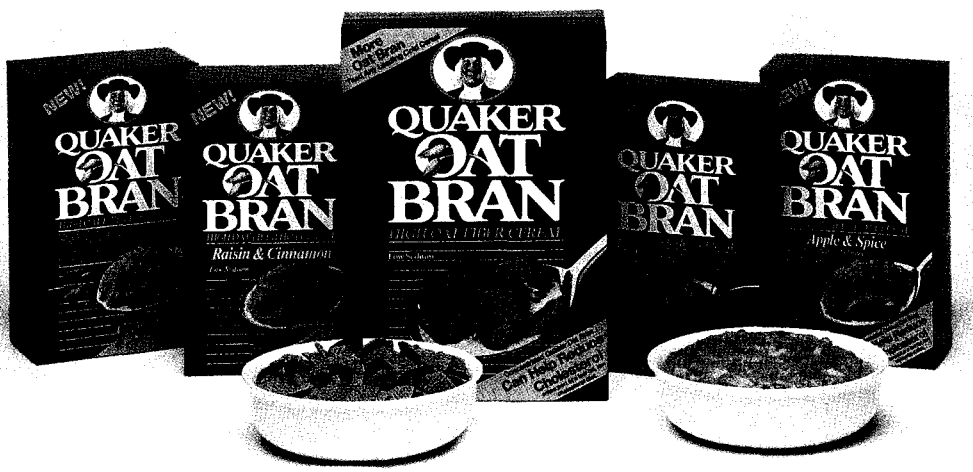
Most oat bran cereals have not been through extensive clinical testing.

Original Quaker Oat Bran hot cereal has. It was tested by researchers at a



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major university medical school, where participants added 56 grams (or two ounces) daily to a fat modified diet. The results? Original Quaker Oat Bran hot cereal helped reduce cholesterol significantly as part of that diet.

And now, Quaker Oat Bran comes in a crunchy cold cereal and three new microwaveable hot cereals. More ways to get the oat bran you want every day, and more ways to enjoy it. So get your oat bran from The Expert. Quaker.

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HEARTBEAT

The Healthy Heart Report

GUILTLESS SNACKS

A few bites between meals can help you to reduce calories, say nutritionists from the Mayo Clinic in Rochester, Minnesota—if you choose snacks high in fiber and complex carbohydrates.

It's five o'clock and you're hungry. A bag of chips sits on the counter. There's nothing in the refrigerator but a few wilted carrot sticks and limp stalks of celery. Temptation strikes.

The problem with snacking is not when you snack or even that you snack in the first place—but what you choose to eat. Whether your snacks are ready-made or made at home, the trick is to steer clear of excess fats and sugar. To do that, surround yourself with plenty of good-tasting foods rich in complex carbohydrates and fiber. Create an illusion of fat and calories by combining creamy and crunchy or chewy textures. And use a little imagination. In fact, eating frequent mini-meals can be good for you. Here's how:

• **Binge control**—If eating a bagel at three o'clock in the afternoon keeps you from eating second or third helpings at dinner, you may actually save the 500 or so extra calories you might be tempted to devour.

• **Satisfaction for small appetites**—Young children's tiny stomachs can hold only small portions of food at one time. Senior citizens may also feel more comfortable eating smaller, more frequent meals.

• **Extra energy and nutrients**—Traditional meals often lose out to busy schedules. A grab-and-go meal is often the difference between getting some nourishment and getting none at all.

Snacks rich in complex carbohydrates and fiber will give you immediate energy with some staying power. A small amount of low-fat protein adds more sustained energy.

Snacks to Pick and Fix

These ideas for healthful snacks keep fat and calories at bay by maximizing whole grains and fresh fruits and vegetables. Best of all, you can make them all in ten minutes or less.

• Toast one-half of a whole-wheat English muffin. Top with Canadian bacon, tomato slice, low-fat American cheese. Microwave until cheese melts.

• Mash one-half of a banana into peanut butter and spread on a whole-grain bagel.

• Mix cold leftover chicken (or a convenience-type chunk chicken), seedless green grapes, sunflower seeds, plain yogurt, and a dash of curry powder. Stuff into a hollowed-out green pepper or a whole-wheat pita pocket.

• Spread one-half of a cinnamon-raisin bagel with part-skim ricotta cheese. Top with apple slices.

• Layer soft mini corn or flour tortillas with shredded low-fat cheddar or Monterey Jack cheese. Microwave until cheese melts. Slice into bite-size pie shapes.

• Spread a brown rice cake with farmer cheese (like cottage cheese but drier and firmer) and fresh strawberries or low-sugar spreadable fruit.

• Top a baked potato with plain yogurt and Cajun seasoning.

• Spread raisin toast with apple butter.

• Spread several slices of whole-grain crisp bread (wafer-thin crackers) with fruit-flavored low-fat, non-aspartame yogurt.

• Mix one-half cup of fruit into one cup of low-fat yogurt.

• Blend one ripe banana, one teaspoon of vanilla, and one cup of low-fat yogurt for one minute. Pour the mixture into a tall glass.

Ten Trade-offs for Cookie Cravings

You're trimming fat and calories, but you yearn for something crunchy or chewy. Carrot and celery sticks, though super, are not the only alternatives to stave off those sweet longings.

- 6 mini brown rice cakes
- 8 Crackle Snax crackers
- 2 regular breadsticks
- 6 tortilla chips baked from a 12-inch corn or flour tortilla
- 1 stick (three-fourths ounce) part-skim mozzarella string cheese
- 12 shoestring sticks of peeled jicama (HICK-ah-mah: a Mexican potato that looks like a turnip and tastes like a water chestnut, only sweeter)
- 50 pretzel sticks
- 2 slices whole-grain crisp bread (wafer-thin crackers)
- 1 cup oil-popped popcorn or 2 cups air-popped popcorn
- 12 frozen grapes

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Announcing the premiere of New Butter Flavored Popped Corn Cakes from Quaker.
Now you can enjoy a wholesome and nutritious snack without sacrificing delicious taste.
Each cake contains that satisfying movie popcorn flavor, with no fat or cholesterol, and only 35 calories.
So go ahead and pick up a bag today.
They're sure to become the star of your healthy diet.

No fat. No cholesterol. Only 35 calories each.

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JOHN WALSH: FIGHTING BACK

Father of a murdered boy, the man behind "America's Most Wanted" can't help doing what he does.

by Diane Bartley

It's 7:59 on a Sunday night, and John Walsh is starting to pace.

With just one minute to airtime, the pressure is building on the set of "America's Most Wanted," one of the hottest shows in TV-land. Phones are already ringing. Twenty-four trained operators are answering the first of 2,000 calls expected in the next four hours. FBI agents mill around metal folding chairs—not one of them sits down. It's a typical Sunday, but there's extra excitement in the air.

One of the FBI's 10 Most Wanted has written to say he wants to turn himself in, but only if he can talk to Walsh, the host of "AMW," directly and alone. Walsh has taped a plea to the fugitive; yes, he tells viewers, he is ready and waiting to talk to Donald Eugene Webb—tonight.

At 8:20—20 minutes into the show—an operator waves her arm frantically. "It's him!" she whispers. Walsh is at her side in seconds; he takes the phone, talks calmly to the alleged murderer in a business-like manner. "Yes, Mr. Webb, I am alone," he assures the caller. "The FBI is here in the studio but not near me. . . . Yes, I know this is serious business."

But the conversation quickly deteriorates. To screen crank calls, the FBI has provided four questions only the real Donald Eugene Webb can answer. The caller refuses to name his wife or the grandfather who raised him. He stalls; he rambles. He ends the conversation by saying he'll call back by midnight.

Walsh doubts he had the real man. The accent, he says, seemed fake. Yet he'll stay at the studio for the next 4½ hours, waiting and hoping. Sure, he's tired; he's been at the studio since 8:00 a.m., and he has an early flight the next morning. But he shrugs it off. He'll do what it takes to bring this fugitive in.

No call comes. This time, John Walsh—the best-known crime-fighter in America—doesn't get his man. But it wasn't because he didn't try.

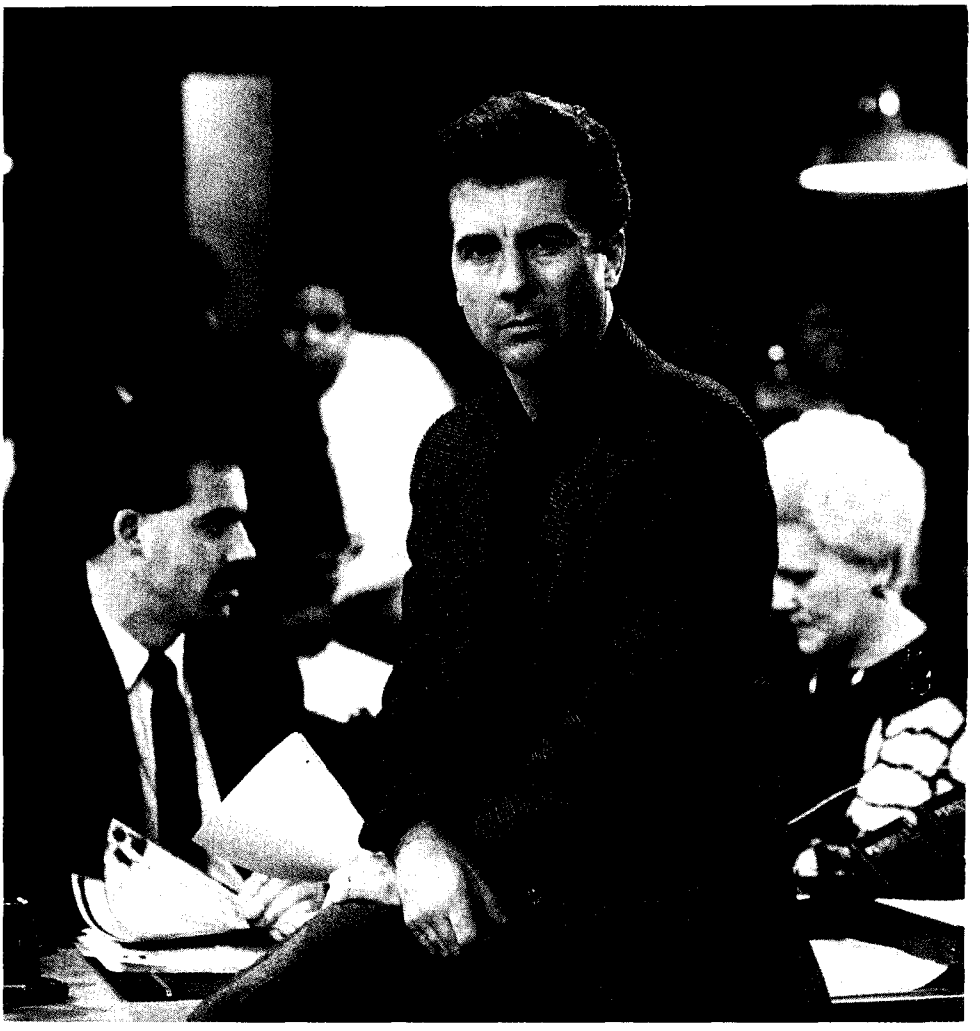
• • •

The first thing a person notices about John Walsh is his intensity. A short, handsome man, he rarely smiles—at least not in public. He has the habit of jutting out his chin in tough G-man style. Even when the cameras stop rolling and the rest of the crew lightens up, he remains somber, completely in character. Walsh looks as though he means business, and that, he says, is precisely what he does mean.

"We're not doing 'Wheel of Fortune' here," he says. "We're in a war—and I didn't come voluntarily."

"America's Most Wanted" wages its war on crime every Sunday night, and the results have been astounding. As of this writing, 96 fugitives have been nabbed by phoned-in tips—about one per week. Perhaps the most publicized capture: John Emil List, a New Jersey accountant wanted for the 1971 murder of his wife, mother, and two children. After evading the FBI for 18 years, List was captured in Richmond, Virginia, after viewers recognized a forensic bust created especially for the program.

Airing on 129 Fox-affiliate stations across the country and 10 independent stations in Canada, the show reaches an audience of 20 million, and calls to the show's toll-free number average



On-camera or off, Walsh, the father of a murdered son, stays in character as America's best-known crime-fighter.

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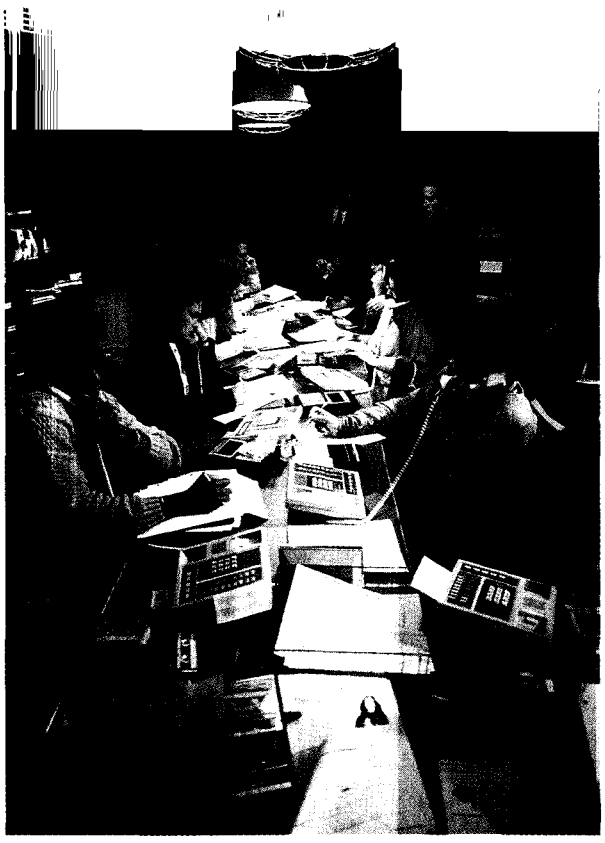

Bill Fitz-Patrick

Trained operators answer some 2,000 calls within four hours after the Sunday night (8 o'clock) program begins. John Walsh may stay even longer.

2,000 on most Sunday nights, 3,500 by the end of the week. The FBI has lent its full support, and William Sessions, the director of the FBI, even made a rare TV appearance on the show last year.

It's no wonder that all this attention has made Walsh a celebrity in his own right. But the cost of such celebrity has been high. Walsh was drafted into America's war on crime in the most brutal of ways.

In July 1981, this hardworking family man could never have imagined the course his life was about to take. A hotel developer, he had worked for more than ten years in order to become a full partner in a Florida management firm. "We were building the dream project of our lives, a $36 million hotel in the Bahamas called the Paradise Grand, and I really thought I had the American dream," he remembers.

"I had a wonderful family, a nice upbringing and great schooling, a wonderful wife, and a beautiful little boy," he says. "And one day while I was at the office, a random, violent act changed my life forever."

On that day, Walsh's wife, Reve (pronounced Re-VAY), took their only son, six-year-old Adam, shopping at a nearby Sears store. Adam wanted to stay in the toy section and play video games; Reve relented and said she'd be right back. When she returned minutes later, her little boy was gone. The only clue to his disappearance: a witness saw a man pull a boy into a red van. Two weeks later, Adam's mutilated body was found 150 miles away. Although in 1983 a man confessed to Adam's killing, he later recanted, and the murder remains unsolved.

"I don't think you can explain to anyone what the loss of a child is like," Walsh says. "I mean, losing my father or having friends killed—nothing compares to losing this wonderful, beautiful little person to a heinous act. A person who you think is going to live longer than you, and then, all of a sudden, he's dead and you're still alive and you're dying of a broken heart."

The months and years that followed took their toll on the Walshes. At first, John Walsh tried to throw himself into his work, but he found himself distracted, unable to concentrate. He lost his partnership, then his job; he came close to losing his house. His marriage was rocky. Today he admits what happened: "I became almost totally obsessed with trying to get this Missing Children's Bill passed."

During the two-week search for Adam, the Walshes had learned firsthand the inefficiency of the criminal-justice system. There was, at that time, no way to look for a missing child on a national—even statewide—basis. The FBI refused to get involved; police departments even 25 miles away knew nothing about Adam's case.

Walsh learned that the police and the FBI weren't infallible. He heard stories of other parents who had been through the same thing. He listened to the details of crime after grisly crime. "Eight years ago, I thought crime only happened in the inner city," he says. "I didn't realize the incredible level of crime that could happen to anyone."

Today he can tick off shocking statistics: According to a Department of Justice survey, 40 million Americans were victims of violent crime last year. A 12-year-old has an 83 percent chance of being a victim of violent crime sometime in his or her life. One of every 12 Americans is a victim of rape. There is a one in 133 chance of being murdered in the United States.

The more Walsh heard, the more he raged. "You learn one thing when you're the parent of a murdered child," he says. "Your long-range goals and plans and everything are not important anymore. You just try to fight to keep your sanity and do something, not to make some sense out of Adam's murder, but to make sure he didn't die in vain."

Walsh, a well-educated and well-spoken man, used his well-placed connections to land high-profile appearances on radio and TV programs across the country. He quickly learned that the media could be an ally by stirring up public support for new legislation aimed at centralizing child search procedures. Reve joined in the battle for reform and founded the Adam Walsh Child Resource Center. They crisscrossed the country, making hundreds of appearances, testifying before state legislatures and Congress.

A year after Adam's death, Meghan Jane was born, and Reve began cutting back on her work to become a full-time mom. Two years later, a son, Callahan Drew, was born. Walsh kept up the grueling pace, however, and today Reve admits that she sometimes wishes her husband could cut back a bit. But their intimate knowledge of crime, their loss of innocence, doesn't permit that luxury, she says matter-of-factly: "As long as we live in this country, we can't know what we know and not do what we do."

Their work has paid off. In 1982, Congress passed the first Missing Children's Act; in 1984, a supplemental Missing Children's Assistance Act was passed. The second act established the National Center for Missing and Exploited Children, which now operates a toll-free hotline to expedite the

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reporting of a missing child or the sighting of one.

Along the way, John Walsh became a media star. NBC made a TV movie about the Walshes' work, *Adam* (1983), and a sequel, *Adam: His Song Continues* (1986). Daniel Travanti, who portrayed Walsh in those movies, became a close friend; together they hosted a critically acclaimed HBO documentary, *How to Raise a Street-Smart Child.*

When the Fox Broadcasting Company began in 1987 to develop a crime show based on true-to-life reenactions for its new network, a lot of names were bandied around as show host: Theresa Saldana, an actress and a crime victim; Sen. Chuck Robb; the author Joseph Wambaugh; a bevy of broadcasters. But when Walsh's name was suggested, Fox believed it had found the perfect match.

"I knew right then we had our guy," says Michael Linder, executive producer of "America's Most Wanted." "He looks right for the part, he has a voice that's compelling. But more than that, he's a living metaphor for what we're trying to do."

Walsh and Reve talked over the job offer, and Walsh says he initially had a lot of reservations: "I had some real concerns—about not exploiting victims, about getting law enforcement to work together, about having a toll-free number and trained operators, about having anonymous phone calls."

Linder stressed that all those concerns would be addressed. But it was the pilot tape, a depiction of a brutal murderer in Indiana, that made up Walsh's mind. David James Roberts, out on parole, had stolen a set of tires from a Sears store. Afraid that the store manager might recognize him and incriminate him, he followed the man home that night. The store manager, his wife, and their one-year-old daughter were murdered.

But Roberts' crimes didn't end there. He was eventually captured and released on bond. The night of his release, he kidnapped a single, working mother who had just picked up her six-month-old daughter at a daycare center. The mother was raped and locked in the trunk of her car, and despite her pleas, her baby was left on the roadside to freeze to death.

"I looked at this segment, and it brought tears to my eyes," Walsh says. "I said, 'Listen, I want to do the show. Even if it only airs for one Sunday, if we caught one guy, this guy, it would be worth it.'"

Walsh signed on, and three days after that first show aired, David James

John and Reve Walsh appear on Capitol Hill before the House Judiciary Subcommittee on Missing Children. Several months before, their son, Adam, was abducted from a Hollywood, Florida, store and mutilated by his captor, still at large.

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Roberts was arrested. He had been working as a homeless shelter coordinator on Staten Island, New York, when "America's Most Wanted" viewers tipped off the FBI.

The high-profile, high-pressure job hasn't been easy on Walsh. "I'm not a Tom Brokaw," he says. "I have to work really, really hard at this." The money, he admits, is pretty good—though he won't name a figure—and a far cry from the lean years immediately after Adam's death. During that time, Walsh supported his family by selling off stock; later he lived on a $32,000 salary as a consultant to the Justice Department.

But the disadvantages of his job are many. The family was forced to relocate to the show's headquarters in Washington, D.C., after Walsh's commuting schedule became unbearable. Security is a nightmare; Walsh and his family have received numerous death threats. "Of course they don't sit in jail and say, 'Hey, I murdered five women,'" Walsh says. "They say, 'Hey, I'm in jail because John Walsh put me there.'"

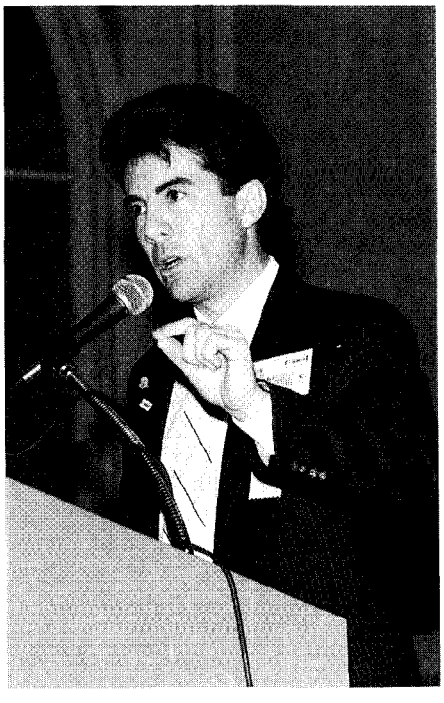
Walsh also continues his fast-paced schedule of appearances and speaking engagements; he logs more than a half-million miles a year. Surprisingly, he remains in good health—a fact he attributes to a healthful diet and faithful exercise. "I'm such a stickler when it relates to food," he says. "I eat lots of chicken, fish, and vegetables. I don't drink coffee or smoke; I drink alcohol only in moderation." He refuses to eat airline food, but prefers to brown-bag it instead.

His only weakness is sleep. He doesn't get much. "But," he adds quickly, "I do exercise." He unfailingly runs three times a week and lifts weights on the off days. "I tell parents of murdered and missing children that one of the best ways to deal with stress and grief is to try to keep your health, to keep exercising."

To keep perspective when surrounded daily by the most gruesome tales of murder, Walsh turns to his wife and children for escape. Though viewers see only his hardest edge, friends say there certainly is another side. Linder, the show's producer, talks about the annual Easter show, when Walsh arranges for the Easter Bunny to visit the "America's Most Wanted" set; Meghan and Callahan are special studio guests. Reve talks about how intensely ridiculous her husband can be in the privacy of his own home.

In the Oval Office, President Reagan praised the Walshes for their efforts in finding missing children. Meghan, their daughter, definitely isn't missing.

Walsh's voice softens, and he allows just the trace of a smile when he talks about his children, obviously the delight of his life. "I want to be the best father—a world-class father," he says earnestly, his eyes starting to moisten.



Speaking at the National Child Abuse Conference, John Walsh defends his crusade to find missing children. Critics claim the issue has been sensationalized.

"I've got two beautiful little children. I don't want them to not believe in Santa Claus or Disney World. I don't want them to live in the shadow of Adam's murder.

"They believe he's in heaven, as I do, and they both kid about it and say he's a star up in the sky."

Callahan, he adds, "says every once in a while that it makes him sad to think about his brother. But they're doing the best they can."

Though Walsh is usually on the road at least three days each week, he says he tries to make the most of his limited time at home. He loves to read bedtime stories; one recent evening he joined Meghan for an "Indian Princess" daddy's night at school after treating her to a big-girl dinner date. He talks about how he has continued a family tradition started with Adam: "I used to tell Adam stories about an imaginary boy named Bobby and his dog Sparky. Now I've added Buckeroo Meghan and Buckeroo Callahan, and they help Bobby and Sparky."

Unfortunately, those moments are too few and too far between. John Walsh has serious work to do, a serious war he must fight. "I'll always be the father of a murdered child," he says. "I imagine I'll be fighting back until the day that I die."

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THE LAST AUTOPSY

Were the doctors to blame for Roberta Hansen's death or was the cause more insidious—something even the experts had failed to imagine?

by B.H. Kean, M.D.

Illustrated by Frederick H. Carlson

In the winter of 1983 I performed my last autopsy. It had then been 45 years since the day Dr. Lewis Beals Bates guided me through my first fumbling encounter with a corpse at the Gorgas Hospital morgue in Panama. In the interim, I had performed hundreds of postmortems. But this last autopsy was utterly unique in my experience—because I did it without ever having seen the patient or the body.

It all started one morning when an attorney named Robert Hammond telephoned me from his office in Grand Rapids, Michigan. His firm, Hammond explained, was representing a group of doctors and their hospitals, the defendants in a $50 million malpractice suit. The case was being brought by the parents of a three-year-old girl who had died of a brain abscess after a bizarre set of medical circumstances. The suit charged—unfairly, Hammond thought—that the doctors had repeatedly misdiagnosed, misunderstood, and mistreated the little girl's illness and, in the process, caused a delay in proper treatment that was ultimately responsible for her death. A former student of mine, Jonathan Hopkins, a neurosurgeon who was familiar with the case, thought I might be able to help. Would I fly out to Michigan and review the facts?

I told Hammond I was sorry, but I would have to decline. I felt obliged to stay put in New York while I worked on a new book. Besides, I was no specialist in abscess of the brain. Why had Dr. Hopkins thought to call me in the first place, I wondered out loud. It was then that Hammond pulled a nasty trick.

"Well, you see, there's a parasite involved," he said nonchalantly. I swallowed hard and thought I could feel the hook being gently inserted into my throat.

"Yes," the lawyer continued, "Dr. Hopkins told me to tell you that, during the early stages of her hospitalization, the child passed roundworms in her stool. He thought this might have a bearing on the case, and that you might tell us how."

I *was* hooked! Boxes containing medical records, pretrial testimony, and the written opinions of various experts soon arrived at my Cornell office. My secretary, who had been putting up with nonsense like this for 20 years, stacked the documents on my desk, quietly shut the door, and without asking, canceled all appointments for the next three days while I began to burrow into the medical record.

The first thing that caught my eye was the testimony of two leading experts on infectious diseases of the brain. Each man—Robert S. Chabon, director of the Department of Pediatrics, Penn Health Group, Pittsburgh; and Stanford T. Shulman, chairman of the Department of Pediatrics, Northwestern University Medical School—argued persuasively and with the force of specialized knowledge that early, accurate diagnosis and swift, efficient treatment would have saved the child's life. I knew both men personally and respected their learning and honesty. Chabon's deposition ran to 182 pages, with footnotes, and Shulman's to 149. Only a fool would try to contradict their conclusions.

Because it appeared that I was dealing with a classic open-and-shut case, I was angry at Hammond for trying to involve me in a hopeless legal battle. However, my anger slowly turned first to fascination, then to indignation of a different sort, because, as I read on, it became increasingly clear that everybody had overlooked the key medical clues, and as a result, several young doctors were about to have their careers needlessly ruined and three hospitals would be plunged into financial hot water.

• • •

It was a tragic case, to be sure. On Sunday morning, August 9, 1981, Brenda Hansen, holding her daughter Roberta in her arms, had rushed into the emergency services section of Lee Memorial Hospital in Dowagiac, Michigan, a small farming community 40 miles southwest of Kalamazoo.

Distraught, Brenda Hansen told her story to the emergency room physician, a young resident. For the past week or so Roberta had become progressively more ill. Her fever, slight at the beginning, had crept steadily higher, and she now seemed lethargic and irritable most of the time. She had been vomiting periodically.

To the doctor, the symptoms, while troubling, didn't seem out of the ordinary. He thought Roberta was probably suffering from any one of a number of routine childhood diseases—a viral infection, an earache, a mild case of pneumonia, or a communicable disease like chickenpox in which the rash had been overlooked. He did what most doctors would do under the circumstances; after carefully examining Roberta, he recommended that she be hospitalized and kept under observation while the symptoms sorted themselves into a clearer pattern.

Ten days passed, however, and the doctors at Lee Memorial were still no closer to a definitive diagnosis. They seemed to be doing something right, though; they had treated Roberta for an infection of undetermined origin with ampicillin, and her condition had improved. Her fever disappeared. She began eating regular meals again. As far as the doctors were concerned, the patient was on the mend. On the morning of August 18, they sent Roberta home with her mother.

Three days later, on August 21, Roberta Hansen and her mother were back in the emergency room, this time at a larger hospital, the Borgess Medical Center in Kalamazoo. Roberta's symptoms had returned in force. In addition, she now complained of muscle aches and soreness in her joints. The examining physician, another young resident, noticed that her heartbeat was rapid and slightly irregular.

Then a new fact emerged. While in the bathroom at the hospital, Roberta passed a roundworm about the size of a lead pencil—a beast not uncommon to the bowels of children in the South, though a little more rare up north in Michigan.

Like his colleagues at Lee Memorial Hospital, the ER doctor had been

From the book M.D.: One Doctor's Adventures Among the Famous and Infamous from the Jungles of Panama to a Park Avenue Practice, *by B. H. Kean, M.D., with Tracy Dahlby.* *Copyright © 1990 by B. H. Kean, M.D. Reprinted by permission of Ballantine Books, a division of Random House, Inc.*

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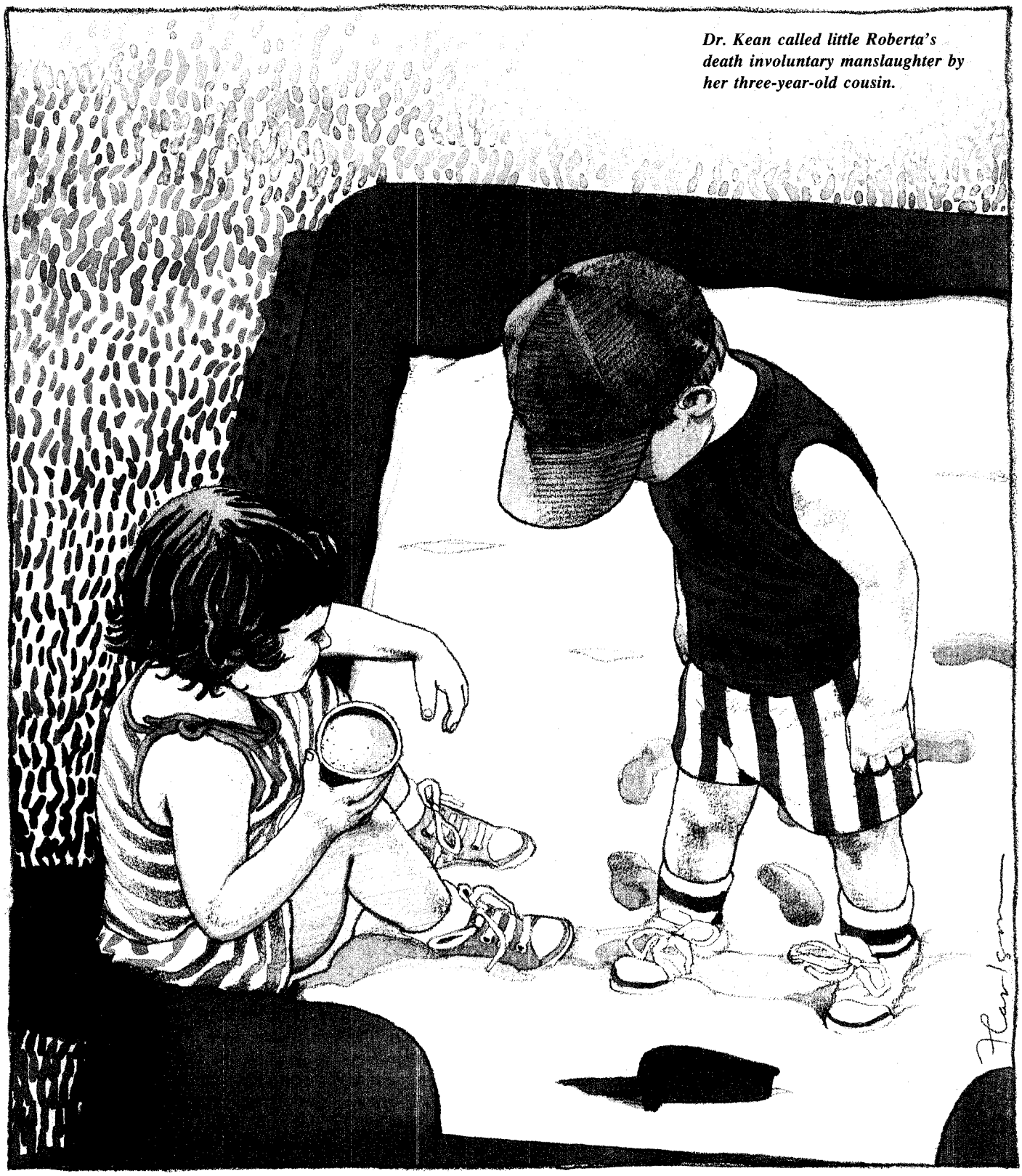
somewhat perplexed by the wide range of symptoms Roberta presented. He now reached the not-unreasonable conclusion that she suffered from a common worm infection of the intestinal tract. Brenda Hansen was handed a prescription for the standard antihelminthic drug and told to bring Roberta into the pediatric clinic in a few days for a followup examination.

Five days later, on August 26, Brenda Hansen entered the Bronson Methodist Hospital, in Kalamazoo, in a state of panic. Again Roberta was cradled in Brenda's arms, but now the little girl was drifting fitfully between consciousness and coma as she gasped for air. Every few minutes, her body shuddered through a minor convulsion. A CAT scan of the child's head revealed a huge brain abscess.

Roberta was operated on immediately. By this time, however, the abscess had grown to lethal proportions,



Dr. Kean called little Roberta's death involuntary manslaughter by her three-year-old cousin.

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so large, in fact, that when the neurosurgeon made his drainage incision, a large, pressurized stream of pus shot over his shoulder. Complications required a second operation and then a third. The patient, now deep in coma, was kept alive on a respirator for the next ten months. Finally, on August 3, 1982, Roberta died, a full agonizing year after the onset of her symptoms. At autopsy, no brain as such was found; disease had reduced the organ to a gelatinous mass on the floor of the skull.

To all appearances, it was a case of cold-hearted incompetence by six doctors at three separate hospitals, each of whom had ignored a blatantly lethal condition and mistreated the patient. Incredible! That was the story emphasized again and again in the formidable testimonies of Drs. Chabon and Shulman. The press, meanwhile, dramatized the image of a young mother shuttling from one hospital to another, unheeded and intimidated, in the fruitless attempt to save her child's life. Powerful stuff. No wonder the parents and their neighbors—and the high-powered attorneys from Grand Rapids—had absolutely no doubts about who had killed little Roberta.

Emotionally, the response was perfectly understandable. But factually speaking, was it justified? Were the doctors really to blame for Roberta Hansen's death? Could they indeed have saved her?

• • •

Pushing myself away from my paper-strewn desk, I leaned back in my chair and tried to piece things together. What I needed was a common denominator, a starting point. That was relatively easy. The handle was obviously the brain abscess. How did Roberta get it? How long had she had it? Was it the cause of all her symptoms? Should the doctors have recognized it earlier than they did?

The most common cause of brain abscess in children is the spread from the middle ear of a bacterial infection called otitis media. But Roberta's medical history was puzzling on this point. The doctors at both Lee Memorial and Borgess had examined her and found no evidence of the disease. Nonetheless, she had responded favorably to ampicillin, a standard remedy for otitis media! Why?

The first surgeon had removed large amounts of infected fluid from the child's brain. This he turned over to a bacteriologist, who, he hoped, could identify the offending organism and recommend the most effective antibiotic to use against it. Two of the organisms thus cultured could indeed be linked to an infection of the ear or the upper respiratory tract. This bit of evidence supported the standard scenario: the doctors had missed Roberta's ear infection, and the oversight had allowed the pathogens to multiply and to travel the short distance from the ear to the brain.

That scenario didn't explain the presence of the other five types of bacteria that emerged from the culture dish, however; these were all essentially "good" organisms, ones that help digest food in the intestinal tract. In the brain, however, they were a long, long way from home—and highly toxic. How, I thought, did they get all the way up there?

Then I recalled something Jonathan Hopkins, my former student, had noted in his surgical report. It was Hopkins who performed the second and third operations on Roberta. Coming late to the case, he wasn't named in the suit, but he was familiar enough with it to provide an important clue. While recounting how he had drained pus from the abscess, he remembered experiencing the faint but unmistakable odor of fecal matter—not exactly typical of the normally odorless environment of the brain.

Voilà! I was now sure that I had all the major clues I needed to solve the "murder" of Roberta Hansen. I spent another week impatiently gathering corroborating evidence, and then I telephoned Hammond.

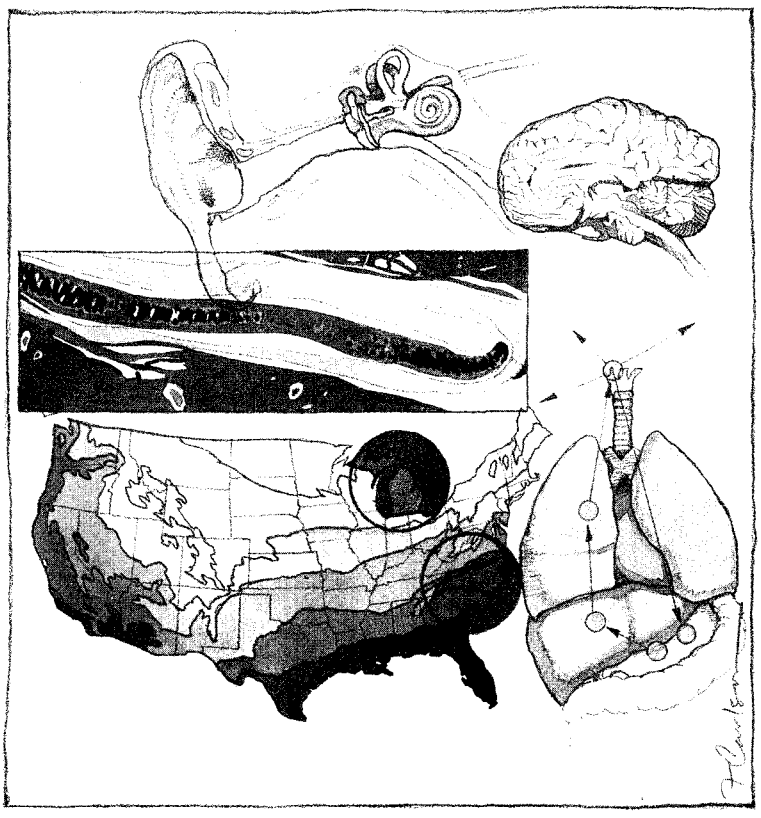
"I've solved the case," I told him somewhat immodestly—and unwisely, because one never knew how the jury in a personal injury suit might decide, no matter how powerful the arguments presented for the defense. "But I still can't travel to Michigan."

"That's O.K.," said Hammond. "Michigan will come to you."

• • •

On the morning of Tuesday, January 18, 1983, eight lawyers appeared at the door of my second-floor office at Cornell. Hammond had made arrangements with the judge in Kalamazoo so that my testimony could be taken in New York. Present, in addition to Hammond and his associate, were four lawyers representing, variously, other doctors and hospitals named in the suit, as well as two attorneys for the Hansens. A device combining a video camera and a tape recorder was switched on to capture not only my words but, presumably, any facial tics or mannerisms that might be helpful later in judging whether I was telling the truth.

The Hansens' attorneys were full of



An ear infection didn't cause the abscess. Somehow roundworm larvae had taken a wrong turn, ending up not in the gut, but in the brain.

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forced joviality. They appeared comfortable in the knowledge that the high-megaton yield of their own expert testimony would easily flatten whatever feeble arguments I was about to muster. After all, as they took pains to point out, what could a professor of tropical medicine know about a case from Michigan? They had obviously been forced to fly all the way to New York on some kind of wild fishing expedition concocted by a desperate defense. Still, they were prepared to be good sports. So they sat back smugly while Hammond, camera rolling, questioned me about my background and qualifications.

No claim was made that I was an expert on the brain or its malfunctions. It was agreed, however, that, as a pathologist, I was no stranger to the cranial abscess. Neither did the Hansens' men dispute my expertise in the field of parasitic infection, unimportant though that seemed at the moment.

Had I ever given medical testimony in court before? Hammond asked. Yes, I had. As a young pathologist in Panama, I explained, I had appeared in court many times. I told them how, in the days before television, the coroner's inquest, with its tantalizing mysteries of mortality, was considered big-time entertainment, and entire families would pack the courthouse gallery for the hearings. The Hansen men chuckled in a relaxed fashion. I could see that I was being perceived as a harmless old spinner of yarns, even less of a threat than they had anticipated.

"What is your attitude toward malpractice suits?" Hammond asked.

"Pretty neutral," I said. "I've never been sued."

"Would the fact that several of the defendants are physicians prejudice you in their favor?"

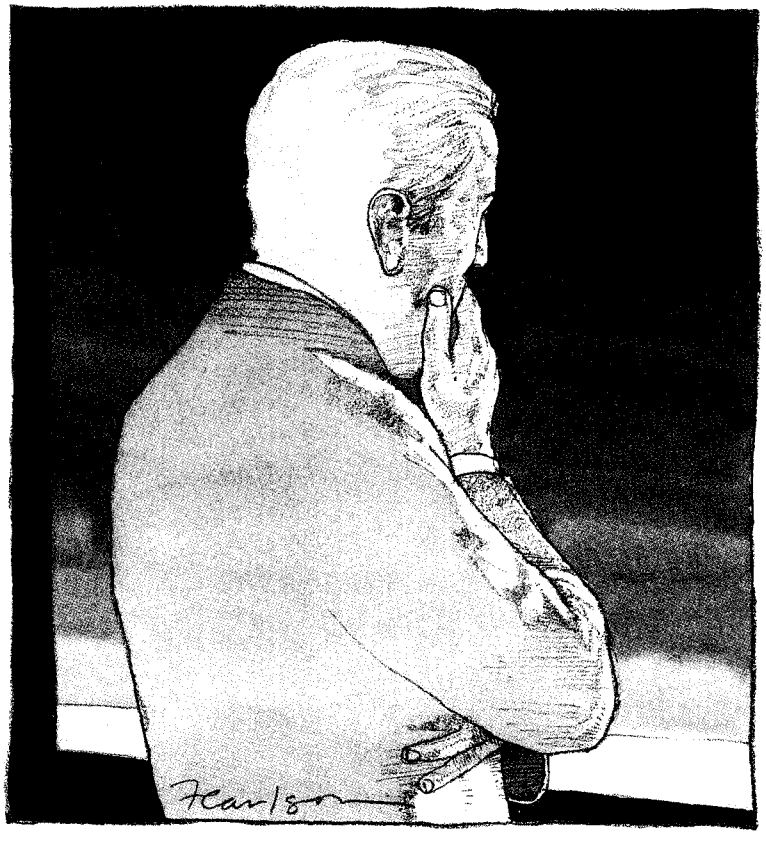
"No," I said. "I propose simply to give testimony based on the facts of the case." The Hansen men guffawed as though they'd heard this response before and weren't inclined to believe it now.

"How many times have you testified in malpractice suits?"

"Never."

"Never?" Even Hammond had a hard time believing this one. Many doctors, especially those who have survived 50 years in medicine, have either been sued for malpractice at least once or have been involved as a trial witness.

"Yes, this is my first malpractice suit," I said, displaying a halo of innocence and honesty. For the first time, the Hansen men shifted uneasily in their seats.



The renowned pathologist took the case because he feared the careers of young doctors would be ruined by wrongful accusations about the death.

Hammond proceeded to ask me whether I'd had the opportunity to review all relevant records in the Hansen case. I told him I'd looked at every page of the voluminous material and I'd read much of it sentence by sentence.

"And have you reached a conclusion about the cause of death, Dr. Kean?" he asked, a note of confident anticipation rising in his voice.

"I have," I said.

"And is your conclusion in harmony with the opinions of the medical experts who have previously testified on behalf of the plaintiffs?"

"No, it is not." The Hansen men hardly seemed surprised. They exchanged knowing smiles.

"Would you please explain?" asked Hammond.

"Well, in my opinion," I began, "the nature of the disease that killed Roberta has not been understood by anyone who saw the patient, including the physicians in the three emergency clinics, those who took care of her in the hospital, or the experts who reviewed the case."

"What then, in your opinion, Dr. Kean, caused Roberta Hansen's death?"

"Involuntary manslaughter," I declared. I had hoped to get everyone's undivided attention—and I succeeded. The attorneys for the plaintiffs rose involuntarily as if standing to attention, and then, recovering momentarily, sat back down. Hammond, who hadn't been expecting me to pronounce a verdict in the case, but only to render a medical opinion, swallowed hard and asked, in a curiously fluty voice, "Involuntary manslaughter by whom?"

I paused briefly before saying, "Roberta's three-year-old cousin—although 'manslaughter' may not be entirely appropriate in this case." The roomful of lawyers sat in stunned silence. The division between opposing sides had dissolved temporarily, because everybody was now equally confused. Even Hammond sounded a little defensive. "Please explain yourself," he said.

"Gentlemen," I said, "it will take me 45 minutes to explain to you exactly what transpired. I will go through a chronology of events at the end of which the identity of the murderer will be clear to everyone. Please bear with me."

• • •

After a brief recess, during which I assembled slides and diagrams to help

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DIXIE CARTER: SOUTHERN STYLE

The brassy belle of CBS' "Designing Women" has redesigned her own life several times and is happy with the outcome.

by Fred Robbins

She's unmistakably Southern. Not that she sprinkles around such phrases as "nervous as a long-tailed cat in a room full of rockin' chairs," but you just know you're talking to a Southern lady when you're sitting with Dixie Carter during breaks from rehearsal of her popular CBS-TV series, "Designing Women."

She's a far cry from her character of Julia Sugarbaker, the brassy, sassy leader of the Atlanta foursome who together give new meaning to the word "designing." The women are delightfully portrayed by Carter, Delta Burke, Annie Potts, and Jean Smart.

And though she left her hometown of McLemoresville, Tennessee, a long time ago for an acting-singing career in New York, the soft lilt of Mrs. Hal Holbrook's Southern accent is still there. Girlish and vivacious at 47, despite the disappointments of two earlier marriages and the immense task of raising her two daughters and building a career, she has that rare quality of listening to what you say and confiding her innermost thoughts in return.

"I think Southern women are more romantic, in general," she says. "And I feel that Southern women are reared to take a great deal of time making themselves attractive. I never will let my husband look at me in a shower cap, for example, or a face mask, or anything like that. I don't want to be seen that way. And I don't find that kind of attention to appearance shallow or superficial. I think it's a very good idea to make life just as pleasant as we can as we go along through it. And I believe that's something that's indigenous to the South, perhaps."

Her soft brown eyes sparkle behind designer glasses, as she dissolves back to her idyllic childhood. "When I was a little girl, my mother, or whoever was helping her, would rub lotions on my sister and me so our skin would be soft. That's romantic, you know," she says. "And I always wanted my hair to look just a certain way."

"I think Southern women are more romantic," Dixie says. She never lets her husband, Hal Holbrook, see her "in a shower cap, or a face mask, or anything like that."

Yet she is well aware of the changing role of the Southern woman in today's society, and she delights in her definition. "I guess I'm a pretty good example of a Southern woman," she purrs, "in that I really take a great deal of pride in being feminine. I find my femininity, or girlishness, a valuable asset. My personal experience is that men like it too, and yet I don't intend to be held down or held back in any way. I want my voice heard when it matters to me. It's that combination of soft exterior and very firm interior. Not hard but strong."

So Dixie Carter is not too thrilled about the stereotypes of Southerners perpetuated by television. "None of us enjoys the idea that Southerners are stupid, bigoted, mean, and lazy," she says. "'Designing Women' is attempting to break up those stereotypes, the 'Dukes of Hazard' and 'Hee Haw' kind of thing. And our mail tells us we're accomplishing that to some degree." She admits that the show's snappy, biting dialogue may have alienated some of the male viewers, but she says that Linda Bloodworth-Thomason, its creator, wrote the show that way, particularly the first season, just to capture the attention of the public. "Now the dialogue isn't quite as brusque; it's a little bit softer and it's amusing," she says. "It's more titillating than a turnoff."

Stridency or bitterness are not her favorite qualities. She had her fill of that before Hal Holbrook came along. "I think Southern women are taught to understand from the time they're very young that they must forgive. We just forgive and stay up above those occurrences that would pull us down. We don't carry that heavy weight around of all those accumulated grievances,

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sorrows, and affronts," she says. "And yes, stay soft and loving."

"Those occurrences" in Carter's life included her two failed marriages and her interrupted career. It was the Southern philosophy that enabled her to cope with life's realities without rancor or bitterness, and that gave her the positive, happy outlook which makes her the multitalented performer she is today.

"I came from a religious family," she says thoughtfully. "Young people today very often go out into the world and forget about how important that religious base is. So when my first two marriages went wrong, I had my family there to bolster me. Those kinds of loving, supporting people keep you from getting ugly and mean." She pauses and strokes her dark hair. "I think that fear is what promotes bad characteristics in people and makes them do pretty awful things sometimes. The less we are afraid, the more comfort we have from those around us, and the more decent, the more comforting we can be to other people. That's also a Southern attitude."

Which perhaps explains Dixie Carter's extraordinary confession: "I love my first husband and my second husband in the same way that I did all along. I loved them then, I love them now. Isn't that funny?"

First up, and the father of her two daughters, was a New York businessman, Arthur Carter, which meant she kept her name and monogrammed handkerchiefs even when the marriage ended seven years later. It seems he just couldn't get over the old "seven-year itch," which in his case had set in a lot earlier and wouldn't let go. So Dixie did.

Those Carter girls, Rosalind Helen Virginia (Gigi) and Mary Dixie (all Southern ladies have double or triple names), are 19 and 18, respectively. They are enrolled in Harvard, majoring in English and literature. They hope to follow in the footsteps of their glamorous mother, whose stage career was burgeoning when they were born in New York.

But Dixie Carter gave it all up during those seven years to raise her children, not knowing whether she'd ever be able to resume her career. "It was a visceral response, being married and having the babies, a nesting kind of thing that was very powerful," she says. "In my mind it wasn't correct to work and rear children; it wasn't something that we ever dreamed about doing."

The "Designing Women" characters, played by Annie Potts, Delta Burke, Jean Smart, Meshach Taylor, and Dixie Carter, give new meaning to the word "designing."

She smiles and points to the watercolor pictures those current Harvard students painted in their first and second grades of school—Santa in a snowstorm, Christmas trees, and rabbits—that color the walls of her dressing room, along with pictures of them at various ages. "They're still babies to me and they always will be, although I revel in their beautiful maturity," she murmurs.

She feels Gigi and Mary Dixie knew she wanted them to go to an Ivy League school. "They're very fine students, very scholarly little children," she notes proudly, still not ready to believe they're grown-up ladies. And remembering she graduated valedictorian of her high-school class with a 98 percent grade average, she further notes, "I put my own ambition over onto them, without ever saying as much. But I never pushed them. I never made them do their homework. I never had to. They just did it. But I certainly know I'm having a terrific, vicarious thrill out of it."

As to her credo in raising them: "I knew where they were nearly every minute. And I tried to make their home a place where they could have a real good time, where they could come with their friends. I've always wanted it to be fun for them to be with me, to enjoy my company. They've always supported me, always came where I was working." Her eyes are misty now, even behind the eyeglasses. "They'd be rooting for Mama," she goes on, "and I was always rooting for them. And I talked to them very honestly about my life; they knew all about the goings-on by the time they were four or five."

And how does she now evaluate her two Harvard students?

"My girls are ladies," she says, beaming. "They're ladies like young women used to be ladies. They know everything they should know, about what the pitfalls would be of having love affairs at their age. They know

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the dangers. They're grown now. I think they have real good judgment, real good sense, and a great sense of dignity and pride in themselves."

It's ironic that her own somewhat free-and-easy, unrestricted lifestyle as a striving young actress in New York, with two disillusioning marriages along the way, made her an even more conservative mother, fiercely protective of her offspring.

Has she discussed sex with her daughters?

"Yes, we've had those kinds of talks. But nothing salacious," she admits. "I never thought that off-color jokes were appropriate in front of them, the real strong curse words. I never would let my friends talk like that around them. But as far as knowing what was going on emotionally for me all the way through, they did. And I believe that's the reason they were never drawn towards going out and learning things with their own age group. They knew everything that adult life had to offer."

In a business in which one of the operating slogans is "out of sight, out of mind," picking up her career again after a seven-year marriage, at age 35 with two children, was the true test of Dixie Carter's Southern grit and determination.

The part of Brandy Henderson in the soap opera "The Edge of Night" established her nationally, and she was back in business. Soap opera by day, award-winning theater roles at night. Then came the part of the brash copywriter in the TV series "On Our Own," and a real-life role as the wife of George Hearn, whom she acted with during her college days at the Front Street Theatre in Memphis, and who went on to become a Broadway superstar in *Sweeney Todd* and *La Cage aux Folles*.

That marriage ran only a year, and the breakup was painful and bitter. "He was wild and would get real jealous," she recalls. "We had these extremely romantic, poetic ideas about one another that just weren't real enough for the real world, because it was something very rare and very powerful." She is referring to the fairy tale aspect of their romance, starring together in *Carousel*, when they developed an "amazing relationship. I believed that it was a lifetime destiny that we had, so we were both heartbroken and devastated that we weren't able to make that union hold," she says. Dixie didn't think they'd ever be able to talk again, and though she hasn't seen him since her marriage to Holbrook, she acknowledges they "were back together on and off for years and years and years and years and years. Not just the year that we were married." Which proves that old loves die hard sometimes. She even went to see Hearn's brilliant performance in *La Cage*.

It was the TV series "Out of the Blue" that moved her to Hollywood. Two other series, "Filthy Rich" and "Diff'rent Strokes," followed, plus endless guest-starring roles, and . . . her third husband.

Of Hal Holbrook, whom she met when they costarred as husband and wife in the TV movie *The Killing of Randy Webster*, she remembers what her mother heard from her great-grandmother. "'In every marriage,' she would say with her wonderful accent," which Carter takes delight in imitating, "'there have to be two bears, bear and to forbear.'" She credits this with the success of her marriage five years ago to the 65-year-old actor.

She adds that it helps that "Hal Holbrook is a saint. A saint," she repeats, with an adoring look at his framed picture on the dressing room table. "I'm kind of an eccentric personality, and the erratic side of my nature, the part that tells everybody what to do, doesn't bother Hal. And I lived so much by myself that he can put up with my having difficulty giving up my privacy."

Dixie and Hal's romance spanned 3½ years. But he had to "sloop" to conquer her. That translates into a 40-foot ocean-going sloop. It took three voyages to the South Seas aboard his *Yankee Tar* to get rid of their third-time jitters and provide her with "one of the greatest experiences of my life."

Let her count the ways. "I've learned about life from Hal," she says, "about patience, the endless patience he has, with his work, with his loved ones. And I've learned humility from him. Hal is a truly humble man. He is not vain or puffed up at all. And he surely could be."

How do their careers jibe? Do any conflicts arise?

"I'm very disciplined about my work, but I'm not the perfectionist that Hal is. It doesn't eat away at me. I've done so many things that were second-rate," she admits, laughing loudly, "but I've accepted that fact. But Hal has achieved a level of excellence that I never have. He's an actor of caliber that I'm *not* and I'm *not* ever going to be. Unless somebody gives me a chance to do those great Tennessee Williams women. Then maybe I'll be able to do something very fine."

Meanwhile, this thoroughly Tennesseean woman, who never depended on the kindness of strangers but persevered through pure ability and determination, takes her considerable emotions back to her first love, her singing career. She performs in such places as New York's Carlyle, where she is currently appearing, and other fashionable showcases for her superb talent. And at an age when the horizons of even the most bountiful lives seem to shrink, she looks at a future that seems unlimited.

On the other hand, Dixie says, "it would be fine with me if I don't work again until the next season of 'Designing Women.' I'd like to be with my girls and my husband and put my feet up and relax for a while."

"I really take pride in being feminine," Dixie says. At age 47 she's still girlish and vivacious.

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DO YOU TAKE THIS MAN? AND HOW!

Hubby thinks the marriage vow should have included the bride's planned itinerary.

by Maynard Good Stoddard

Illustrated by Don Trawin

It is said that a man who promises to move heaven and earth for his bride is the same man who later growls when he's asked to move the davenport.

There are any number of reasons for this about-face. Take my case, if you have a strong stomach.

At the exhilarating age of 24 I was sailing through life free as a bird on the wing. New car. Money in the bank. Countenance unlined. Dating any number of girls. Then, on December 7, 1941 (or was that the day the Japanese bombed Pearl Harbor? I get the two dates confused), I took this particular girl to a Chinese restaurant for her birthday. And the rest is history, as they say.

Where I made my mistake was in asking how she liked her rice, boiled or fried. And she said, "Thrown."

Before I could come up with a logical way out, we were standing before a justice of the peace (certainly a misnomer for a guy who started all this ruckus), and the girl was answering yes, she would take this man.

Well, I can say this for her: she has certainly done a good job of it.

As things stand now, my wings have been clipped, my car is an early '77, the money that comes in goes out as though it had been last handled by lepers, and my face is wrinkled to the point I am obliged to shave with a potato peeler.

Actually, I didn't begin to fall apart until making my first sale—a poem bought by *Liberty* magazine for $20. And now that my literary career had been firmly established, in the words of my bride—why not borrow $1,500 to put with the $20, buy a house trailer, and take off for Florida? There I would make Hemingway's efforts, by comparison, read more like a sixth grader's "What I Did on My Summer Vacation." And you know something, folks, I fell for it.

And did so well, believe it or not, that in a matter of only four months we had to sell the car. Either that or give up the acquired habit of eating. We would come close enough even then, as it turned out.

My stomach rumbles were already beginning to be heard above the surf, in fact, when the mailman delivered, along with his normal cargo of rejected manuscripts, a beautiful blue envelope from *Extension* magazine. I kept reading the letter over and over. No joke. "Do You Mind If I Breathe" had been accepted—for the lifesaving sum of $150.

And we were off again. This time in a Velie housecar.

I had stumbled upon this relic in the jungle behind the trailer park. After the car's six years of hibernation,

My dear wife and I took off for Florida, where I would make Hemingway's efforts, by comparison, read more like a sixth grader's "What I Did on My Summer Vacation."

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vines had taken up residence in all four cylinders. But what I didn't know then was that even in its heyday the car had rightfully acquired the slogan "If the hood is up, it's a Velie."

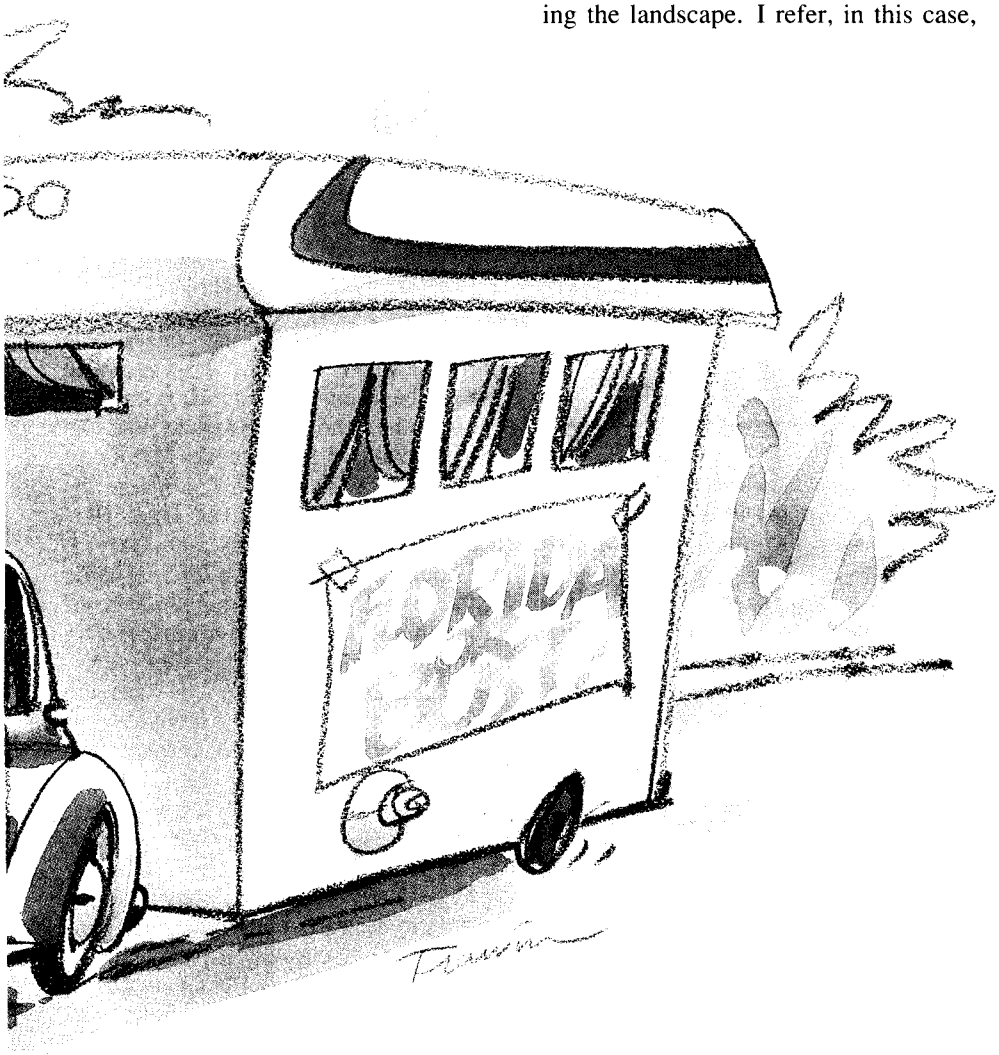
No matter. Now that we again had wheels, and because you-know-who had always wanted to visit Mexico City, what was to stop us? A list of what was to stop us would easily run to book length.

Let's just say that I was under "The Thing," as it came to be called, more than I was in it. Upon finally reaching New Orleans, by the skin of my knuckles and a vote of one to one, I turned north toward home, mother, apple pie, the American flag, and the convenience of being able to borrow a few bucks when necessary. Little did I know we were heading for an abandoned nine-room farmhouse near the tidy German town of Frankenmuth, Michigan.

When I say abandoned, I'm talking about baled hay stored in the living room. I'm talking about doors that wouldn't close until I had sawed a hunk off the bottom—in one case a hunk so generous, after the third try, that the cat enjoyed the convenience of going in and out without having to ask. I'm talking about a flooded cellar I had promised my dear wife I would drain into the frog pond. Through a miscalculation the frog pond drained into the cellar. For my pains I received another 150 bucks for an article, "How I Converted an Old Farmhouse into a Shambles."

After we went through a lengthy dry spell, including six healing years in a snug Indianapolis apartment, this woman got the urge to take over our current termite condo atop one of Sweet Owen County's rolling hills that stop rolling just short of Freedom (Indiana, of course), where I have suffered in silence long enough.

Upon moving to any new location, the female gender has this gene which immediately begins to nag her that nothing is in the right place—including the landscape. I refer, in this case, to the two acres (perhaps more, but I don't want to risk exaggeration) overgrown with sassafras, locust sapling, briar bushes, wild grape, and—you name it, it was there. This woman right off came up with the idea that God had intended this jungle to be a lawn. A wild animal preserve, yes. But a lawn . . . ?



The fact that all this flora had been anchored on a slope that would have challenged a mountain goat was inconsequential. As for the fact that this could also be the favorite breeding ground for copperheads, that could only help to hurry the project along.

So while I'm out there for the next four months converting this wilderness into mowable condition, this woman is in the house happily hemming drapes and hanging lethal crock pots from the ceiling. And after ripping the last briar-bush tendril off my aching back, did I happily begin mowing the so-called lawn? Have you ever tried to stay aboard a riding mower while negotiating a 40-degree slope? If so, then you know that your full concentration is required just to keep from ending up with a hot Briggs and Stratton in your lap. So when three jet aircraft from the National Guard at Terre Haute come roaring over, evidently using my mower as a marker, I respond like any sensible man certain his mower is exploding—I jump off and run for my life. I am now on my fourth mower since moving here. They sure don't last long going downhill on their own.

This woman had also concluded that God had not arranged the rocks in their proper order. Instead of forming a path from the carport-shed to the house, He had buried them in the creek bed winding through the woods. And who was nominated to correct the divine error? Right. And was the path to conform to the shortest distance between two points? Don't be silly. The boulders being plentiful and the exercise doing me good, the path would go the scenic route—along the row of blue spruce, then winding artistically around to the patio step. Nothing could better reveal my mental state by the time I had lugged up the last one of those suckers and put it in place than the inscription it now bears: "In God We Truss."

Giving credit where credit is questionable, this woman who took me

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THE WISDOM OF BENJAMIN FRANKLIN

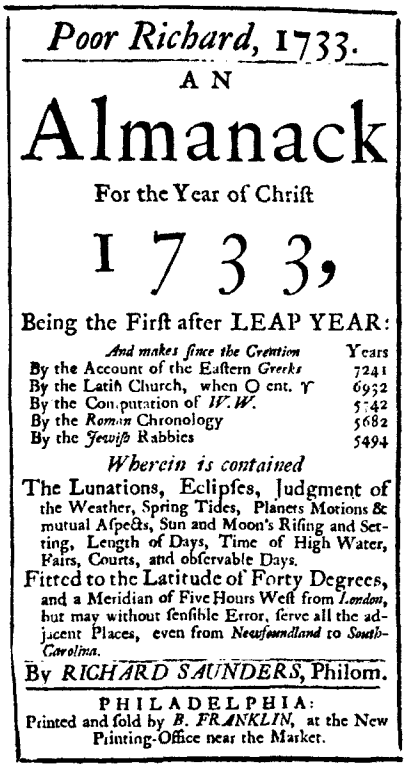
Statesman, scientist, writer, and philosopher, this most versatile of Americans never forgot his earthy origin. A famous historian's revealing portrait.

by Samuel Eliot Morison

Illustrated by Phil Smith

Many great men in history have had little or no sense of humor, and George Washington was one of them; but Benjamin Franklin, the most versatile genius in American history, not only had a sense of humor but was one of the few people who could get a laugh out of George. The story he liked best was Ben's reply to the stuffy Englishman in 1775 who protested that it was foul ball for the Yankee Minutemen to fire at British redcoats from behind stone walls. "Why?" asked Ben. "Didn't those walls have two sides?" George relished this so much that when he visited Lexington, Massachusetts, 14 years later, he told it to his guides, astonishing them with roars of laughter. And like most of Franklin's jokes, this had a moral to it: don't be mad at your enemy if he is smarter than you, but try to be smarter yourself.

Franklin's humor, as revealed in his *Poor Richard's Almanack*, is always kindly, often earthy to the point of coarseness, but never bitter. He makes fun of pretense and stuffiness, but never sneers at poverty or ignorance. He is whimsical, as in his "Drinker's Dictionary," in which he gives more than 100 terms for drunkenness—some of which, like "fuddled," "stew'd," and "half seas over," have endured; but most, like "cherry merry," "as dizzy as a goose," and "loose in the hilts," have gone down the drain. He was a master of political satire, as in that fake edict of a German king proposing to tax England because the Anglo-Saxons originally came from Germany, and he excelled in the typically American humor of exaggeration. For instance, he warns passengers sailing down Delaware Bay in August not to be alarmed in hearing "a confus'd rattling noise, like a shower of hail on a cake of ice." It is the season of fevers and agues in the "lower counties"—the present state of Delaware—and the noise is the chattering of the inhabitants' teeth!



Poor Richard, 1733.

AN

Almanack

For the Year of Chriſt

1733,

Being the Firſt after LEAP YEAR:

And makes ſince the Creation	Years
By the Account of the Eaſtern *Greeks*	7241
By the Latiſh Church, when ☌ ent. ♈	6932
By the Computation of *W. W.*	5742
By the *Roman* Chronology	5682
By the *Jewiſh* Rabbies	5494

Wherein is contained

The Lunations, Eclipſes, Judgment of the Weather, Spring Tides, Planets Motions & mutual Aſpects, Sun and Moon's Riſing and Setting, Length of Days, Time of High Water, Fairs, Courts, and obſervable Days.

Fitted to the Latitude of Forty Degrees, and a Meridian of Five Hours Weſt from *London*, but may without ſenſible Error, ſerve all the adjacent Places, even from *Newfoundland* to *South-Carolina*.

By *RICHARD SAUNDERS*, Philom.

PHILADELPHIA:
Printed and ſold by *B. FRANKLIN*, at the New Printing-Office near the Market.

***Poor Richard's Almanack* brought Franklin much-appreciated income and served as an outlet for his unquenchable wit.**

Born in Boston in 1706, missing the Puritan century by only six years, Ben Franklin was three years older than Dr. Samuel Johnson and ten years older than Thomas Gray. Every other leader of the American Revolution belonged to a generation later than his; Washington was 26 years younger; Jefferson, 37 years younger; Hamilton might have been Ben's grandson and was, in fact, only 5 years older than Ben's grandson William Temple Franklin. Benjamin Franklin was old enough to have called on the Rev. Cotton Mather, who when approaching a low-hanging beam in his parsonage, between the living room and the library, gave young Ben a piece of advice he always remembered and acted upon: "You are young and have the world before you; stoop as you go through it, and you will miss many hard bumps." Expediency; or, accept the second-best if you cannot get the best, might have been Franklin's motto. He was always advising it in his almanacs, as, "Write with the learned, pronounce with the vulgar," and "Keep your eyes wide open before marriage, half shut afterwards."

Ben Franklin set the pattern of the American success story. Though Ben was withdrawn from Boston Latin School within a year because, as the 10th son and 15th child in a tallow-chandler's family, his father could not afford the small tuition fee, Ben became, by his own efforts, one of the most learned men of his age. He would have enjoyed enduring fame as a scientist and philosopher had he never dabbled in politics. "Doctor Franklin" he was called, because he received honorary degrees from Harvard, Yale, St. Andrews, and Oxford; he could put "F.R.S." after his name as a fellow of the Royal Society of London and was elected corresponding member to most of the learned societies of Europe. At home he was the only American leader except Washington who commanded respect and confidence throughout the Thirteen Colonies, four of which (New Jersey, Massachusetts, Pennsylvania, and Georgia) appointed him their agent, or official lobbyist, in England. And his popularity went deep; he had the confidence of all classes. Robert Morris, Philip Livingston, and Cadwallader Colden were proud to have him to dinner; yet the frontiersmen of North Carolina proposed that he "represent

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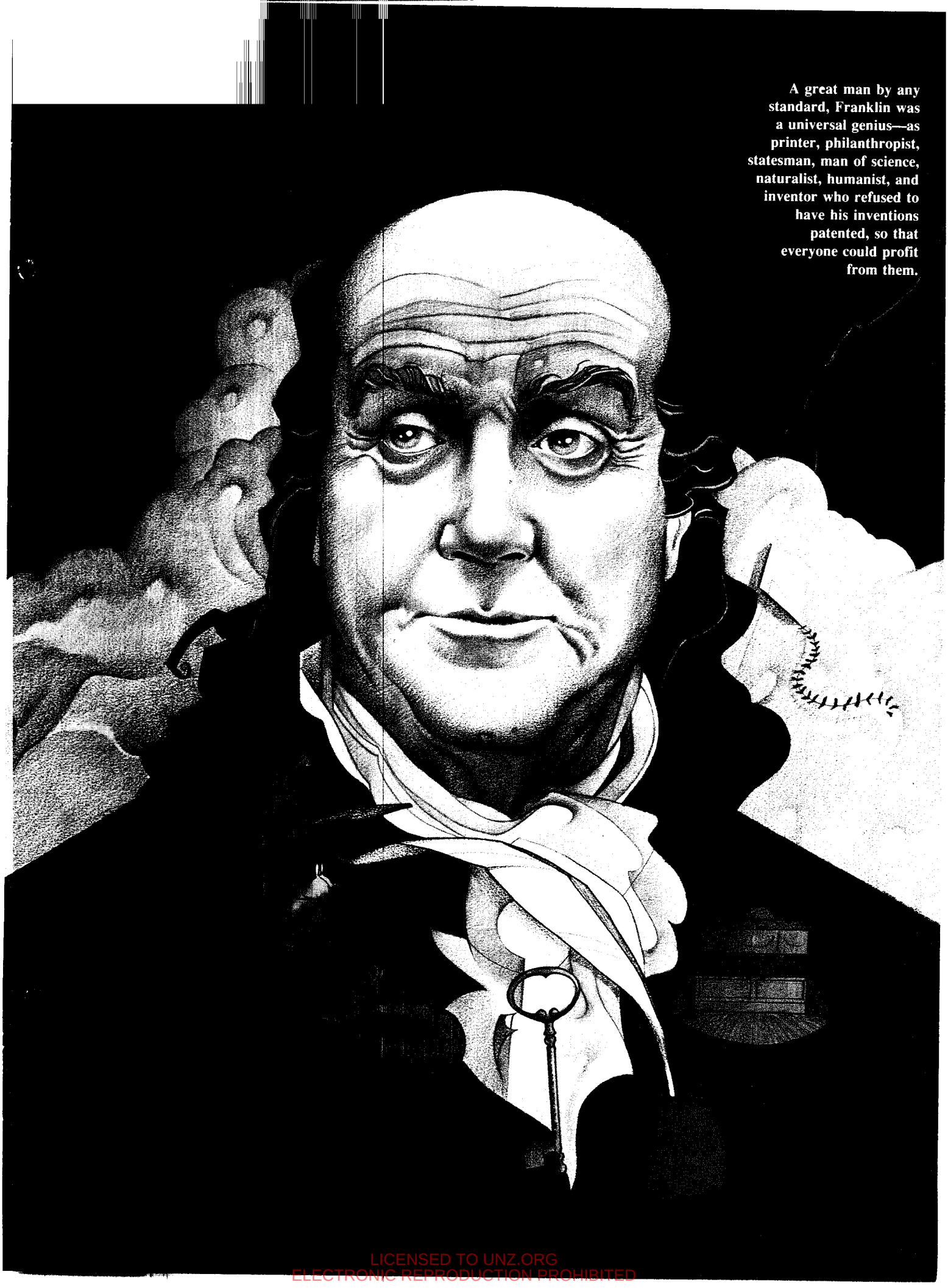

A great man by any standard, Franklin was a universal genius—as printer, philanthropist, statesman, man of science, naturalist, humanist, and inventor who refused to have his inventions patented, so that everyone could profit from them.

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the unhappy state of this Province to His Majesty."

Ben was as American as clam chowder and johnnycake, but equally at home in England, where he spent almost 20 years prior to 1776, and in France, where he had popular renown and great influence. A pioneer in experimental physics, especially in the new branch of electricity, he was in touch with everything else that went on in the scientific world; yet he could also make practical inventions such as the lightning rod and the Franklin stove. (Incidentally, the so-called Franklin stoves now found in antique shops are much less effective than the original "Pennsylvanian Fire-Places," which Franklin invented in 1740. This metal fireplace included an air box over which the hot combustion gases passed on their way to the chimney. Outside air was drawn in through a duct, circulated through the air box around baffles, and passed out into the room.)

When he crossed the Atlantic he studied winds and currents so thoroughly that he could instruct Yankee skippers how to work the Gulf Stream to best advantage. A conservative until the very eve of the Revolution and an advocate of compromise with Britain, Franklin became in 1775 one of the strongest exponents of American independence; and although 70 years old when American independence was declared, he was one of the more radical Revolutionary leaders.

Ben Franklin never made much money, but he was generous with what he had and became a public benefactor. He refused to have his inventions patented; everyone could profit from them. One of his legacies, operated under sagacious principles that he laid down, still provides the Franklin Medals for top scholars in the Boston schools; another still contributes income to the Franklin Institute of Philadelphia. His many private charities were unobtrusive; most touching were his efforts to preserve the self-respect of his sister, Jane Mecom, by setting her up in business with the old family recipe for crown soap. And he was a most accomplished man. He could fix anything around the house and tell others how to fix things in his annual almanac. He could play the violin, guitar, and harp, and he invented a new musical instrument he called the armonica, on the principle of the musical glasses. Mozart and Beethoven composed music for the armonica, and Queen Marie Antoinette, among others, learned to play it.

A great man by any standard, Benjamin Franklin was a universal genius, great in a variety of ways: as printer, philanthropist, statesman, man of science, naturalist, humanist, and writer whose *Autobiography* and *Poor Richard's Almanack* had an international vogue. Nor was Franklin content to write literature: he organized it, as he did everything else. He organized the Philadelphia Library, the first important semipublic library in the Colonies; the College of Philadelphia, which became the University of Pennsylvania; and a "Junto" or discussion club, which eventually became the American Philosophical Society, our senior learned society.

Franklin's secret, the thing that "made him tick" and pulled every aspect of his mind together, was his love of people. Not people in the abstract, like Karl Marx, Henry George, and other dreary prophets of progress, but people in particular, and of all kinds. He liked intellectuals, businessmen, workingmen, children, and Negroes; not only Americans but also Englishmen, Frenchmen, and Europeans of a dozen other nations. Not that he had any illusions about people. He knew them at their worst as well as their best, but he accepted them. Note this remarkable prophecy written in 1780:

The rapid progress *true* science now makes, occasions my regretting sometimes that I was born so soon. It is impossible to imagine the height to which may be carried, in a thousand years, the power of man over matter. We may perhaps learn to deprive large masses of their gravity, and give them absolute levity.... Agriculture may diminish its labor and double its produce; all diseases may by sure means be prevented or cured... O that *moral science* were in as fair a way of improvement, that men would cease to be *wolves* to one another and that human beings would at length learn what they now improperly call humanity!

He talked with English and French statesmen as equals; yet he was as homely and comfortable as an old shoe. If you had been a young man in 1776 calling on the great ones of the day, you would have been awed by George Washington, and Sam Adams you would have found rather grim. Alexander Hamilton would have made you feel very small and stupid; Patrick Henry would have made you a speech; and John Adams would have talked your head off. But old Ben would have made you at home. He would have asked after your parents, and probably would have known them, or at least about them; he would then have asked you about yourself, drawn you out, and sent you away with some good advice, a warm handclasp, and a

Franklin's social companions, here depicted by Norman Rockwell, were ladies of France famous for the "joy of living."

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smile you would have remembered all your life. The same would be true if the visitor were a young girl, especially a pretty girl. "Caty" Ray, a lively lass of 23, happened to meet Franklin at his brother's house in Boston when he was 48 and became his friend for life. For more than 30 years, they maintained an intimate correspondence, charming on both sides, though rather illiterate on hers. Ben's last letter, written shortly before his death, ended: "Among the felicities of my life I reckon your friendship, which I shall remember with pleasure as long as that life lasts."

It was because he loved people so much that he hated war profoundly. After peace had been concluded in 1783, largely owing to his efforts, he wrote: "At length we are in peace, God be praised, and long, very long, may it continue. All wars are follies, very expensive, and very mischievous ones. When will mankind be convinced of this, and agree to settle their differences by arbitration?" Yet Franklin hated cruelty and injustice even more than he hated war. Outrages on humanity, such as those perpetrated by the Pennsylvania frontiersmen on the Moravian Indians, evoked savage indignation from his usually serene and tolerant mind. His last public paper, in 1790, was written in favor of the abolition of Negro slavery; and for it he was bitterly attacked in the U.S. Senate. No doctrinaire pacifist, he supported the three principal wars of his time. He used the wisdom of the serpent to get around the pacifism of Pennsylvania Quakers and persuade them to cooperate in the French and Indian War.

Hopeless of abolishing war in his day, Ben Franklin made every effort, through treaties and international agreements, to render war less horrible by safeguarding the rights of neutrals and of noncombatants; by obtaining agreements that farmers, fishermen, and other civilians would not be molested by armies and fleets. He hoped to confine war to professional forces and to make it less frequent by recourse to arbitration. The United States followed this policy until the present century; but between the Hague Convention of 1907 and the London Naval Conference of 1909 there came a turning point, and we joined other nations on the road to total war and, possibly, total destruction.

Franklin's life passed through many phases—the poor boy of a large family, the Boston journeyman printer, the young man making his way in Philadelphia. Following one of his favorite quotations from the Bible, "It is better to marry than to burn," Ben married his landlady's daughter Deborah. "Debby," almost illiterate, and already married to a sailor who had simply disappeared, shared few of Franklin's interests and prevented his being accepted by the polite society of his adopted city. "How the scum rises!" remarked a Philadelphia matron when Franklin's grandson moved uptown. But that sort of thing didn't bother Ben. He was no status seeker; he accepted every social contact that came his way, and in all his vast correspondence that has been preserved there is not one complaint of being slighted or snubbed. No man ever born had less class consciousness. He never attempted to conceal his working-class origin; in his last will and testament he described himself as "Benjamin Franklin, printer." He was not ashamed of his poor relations, who were both numerous and importunate. Many people, when he rose to fame, became his enemies and did their best to pull him down; but he never retaliated, and in his thousands of letters I have found no unkind word about anyone.

Poor Richard's Almanack, from 1733 on, is full of epigrams and mottoes that we still use in common speech, often forgetting whence they came, such as:

Time is money.

Snug as a bug in a rug.

Keep one's nose to the grindstone.

Necessity never made a good bargain.

Three may keep a secret if two of them are dead.

Experience keeps a dear school, but fools will learn in no other.

And these, now forgotten, deserve a revival:

Fish and visitors smell in three days.

There are no fools so troublesome as those that have wit.

There are three faithful friends: an old wife, an old dog, and ready money.

None but the well-bred man knows how to confess a fault, or acknowledge himself in error.

• • •

Ten or 12 years after the almanac started, Franklin began his electrical and scientific work. In 1748 he retired from active printing and bookselling, which gave him leisure for writing and science. His *Experiments and Observations on Electricity*, printed in London in 1751, was translated into French, Italian, and German. The book earned its author several honorary degrees and the Copley medal of the Royal Society of London, and made him a leading figure in the world of

continued on page 94

Virtues and Their Precepts from Franklin's Autobiography

1. **Temperance.** Eat not to dullness; drink not to elevation.
2. **Silence.** Speak not but what may benefit others or yourself; avoid trifling conversation.
3. **Order.** Let all your things have their places; let each part of your business have its time.
4. **Resolution.** Resolve to perform what you ought; perform without fail what you resolve.
5. **Frugality.** Make no expense but to do good to others or yourself; *i.e.*, waste nothing.
6. **Industry.** Lose no time; be always employ'd in something useful; cut off all unnecessary actions.
7. **Sincerity.** Use no hurtful deceit; think innocently and justly, and if you speak, speak accordingly.
8. **Justice.** Wrong none by doing injuries, or omitting the benefits that are your duty.
9. **Moderation.** Avoid extreams; forbear resenting injuries so much as you think they deserve.
10. **Cleanliness.** Tolerate no uncleanliness in body, clothes, or habitation.
11. **Tranquillity.** Be not disturbed at trifles, or at accidents common or unavoidable.
12. **Chastity.** Rarely use venery but for health or offspring, never to dullness, weakness, or the injury of your own or another's peace or reputation.
13. **Humility.** Imitate Jesus and Socrates.

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BASEBALL'S BIG BUCKS? IT'S IN THE CARDS

Baseball cards have become the "poor man's stock market," with a return on investment that can reach more than 12,000 percent.

by John McCollister

Every Saturday morning, when I was a kid growing up on the south side of Pittsburgh, I hurried down to the local grocery store and plopped down ten cents for a packet of Topps Bubble Gum. Only it wasn't the gum I really wanted. It was the ten photos of baseball players emblazoned on cardboard that came in the package.

Within minutes of unwrapping the contents, I started making the rounds of my neighborhood, looking for others who might want to trade their cards for my acquisitions. Trade talks lasted much longer than did the gum. Sometimes trade strategies echoed the intensity of a major-league executive offering to trade his superstar for three or four young prospects.

In my teen years, other things became more important, such as school and—girls. Baseball cards became symbols of the past. One day, with no great fanfare, I casually tossed away an old shoebox that contained hundreds of cards I had collected over the past decade.

It was a horrible mistake. I had just dumped a small fortune into the wastebasket. Many of those same cards would have brought hundreds of dollars in today's market.

• The packet of cards you bought for a quarter in 1983 may include the rookie season card of the Boston Red Sox infielder Wade Boggs. The going price for this card today is $32. (That's a return on investment of 12,800 percent. What stock, bond, or real-estate deal can match that? "It's a lot better than putting your money in the bank at five or six percent," says Sal Riggio, the owner of B & D Baseball Cards in Deltona, Florida.)

Baseball cards courtesy Larry Fritsch Collection, photo courtesy *Baseball Cards Magazine*

Woe to the youngster who let these cards go. Some are now valued in the hundreds, even thousands, of dollars.

• A 1965 Topps Company baseball card featuring the Hall of Famer Mickey Mantle will now fetch about $400. His 1952 rookie card produced by Topps is worth more than $6,000.

• A rare 1909 card printed by the American Tobacco Company featured the Pittsburgh Pirates' shortstop Honus Wagner. It recently sold for $115,000, the largest amount ever paid by a baseball-card aficionado.

The card never circulated widely because Wagner, a nonsmoker, demanded that American Tobacco remove his card from the selection. A few cards reached the streets, but only six in excellent condition are known to exist today. About 40 others of poorer quality are around.

Pre-1920 baseball cards were exclusively a tobacconist's affair. American Tobacco's main competitor was Goodwin & Company, the maker of such cigarette brands as Old Judge and Gypsy Queen. More wholesome fare for young collectors arrived in the 1920s with the entry of candy companies into the field, and in 1933, the Goudey Gum Company ushered in our modern era of bubblegum cards. By the 1950s the Topps Chewing Gum Company was tops in the field, a position it's held to this day.

Topps had chosen the right time to get into the market. The baby-boom generation, millions strong and flush with generous parental allowances, went on a baseball-card buying spree that made the baseball card ubiquitous. The cards were so common that millions of them wound up clipped to bike frames for the familiar rat-a-tat-tat they would make against the bikes' spokes. Millions more were rounded up by moms and unceremoniously relegated to storage once their sons had reached adolescence.

So dig into that childhood memorabilia. The worn shoebox your mom banished to the closet decades ago—behind the Little League mitt and the swimming medals from summer camp—could hold investments more valuable than your stock. Although many cards never exceed their base price of about ten cents, one perfect

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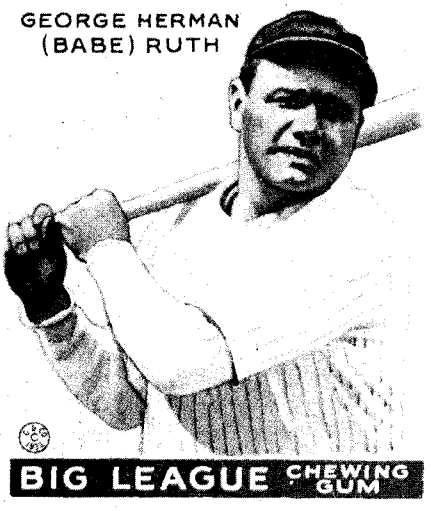
game or an all-star season can increase the worth of a player's card quickly. (Cards of so-so players who later gain fame in other fields can also zoom in value. One famous TV commercial shows the backup-catcher-turned-entertainer Bob Uecker unable to give away one of his cards. Actually, that card is worth about $40).

"It's the poor man's stock market," says Jeff Boyle, the owner of the Baseball Exchange in Ormond Beach, Florida. The booming baseball-card market, however, is outmoding Boyle's definition. Mainly kids used to visit the baseball-card shows that tour the country; now the clientele is an even split of youngsters and adults.

Many younger collectors appreciate the business side of the hobby too. Juston Anderson, an 18-year-old high-school senior from Lake City, Minnesota, has amassed a return on investment that would be the envy of any financial guru. In just four years his $500 investment has grown to more than $8,000.



Babe Ruth's stature as a player places cards featuring his likeness high in the big-league investment category.

Every investor-collector has his own theory of how to make a profit in the baseball-card market.

• The prevailing thought is that collectors should buy cards from *each player's first season*. The theory is that if the player becomes a household name in the sport, his rookie card skyrockets in value, becoming more profitable than paying for the many cards of mediocrities. "If you hold on to them for ten years or so, they'll be worth some real money," advises Matt Federgreen, the owner of the Beverly Hills Baseball Card Shop.

Investment Opportunities

Investments	Compound annual return percentage
Corporate Bonds	14
Common Stocks	12.7
Treasury Bills	7.2
U.S. Coins	3.5
Diamonds	3.4
Stamps	2.9
Chinese Ceramics	1.5
Gold	-2.6
Silver	-8.2
Rookie Baseball Cards	42.5

Source: Money Magazine

• Federgreen says a card picturing a superstar during his *second year* in the big leagues costs much less than his rookie card, yet its value also increases significantly each year.

• Most experts suggest *purchasing a complete set* (one of every card produced by a company for a full year) instead of a packet (a random selection of cards) to ensure possessing one of every card made.

• Others suggest buying a pack, any pack, and *never opening it*. The value of an unopened pack, they say, skyrockets over the years.

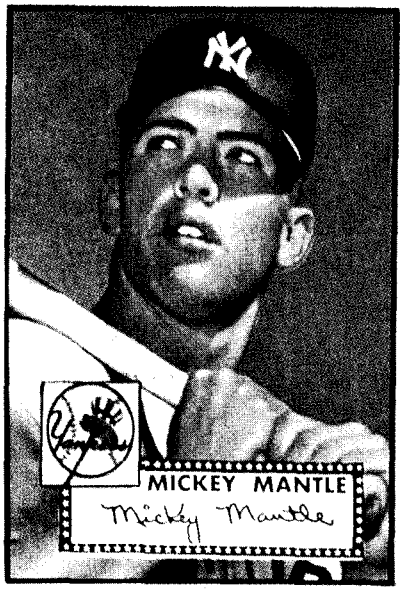
• Card prices vary by region. A Los Angeles Dodger card will sell for more in Southern California than it will in central Nebraska; a card featuring a Chicago Cub is popular in the Midwest.

• The value of a card also rests on factors other than the name of the player pictured. The number of cards produced in a series, the age of the card, and the card's condition all go into a baseball card's market price.

Honus Wagner, a non-smoker, sued when portrayed on a tobacco card in 1909. Fewer than 50 cards exist.

• Serious collectors secure their more valuable cards by storing them in airtight plastic containers. Some even wear white gloves to prevent grease or moisture from smudging the cards while they show them off to wide-eyed admirers.

The popularity of the hobby has increased rapidly in the past few years. Every major city in America now has at least one store that buys and sells baseball cards. Even the yellow pages often has a separate category for listing these outlets. "When I opened my shop in 1983," Matt Federgreen says, "less than 200 baseball card shops existed nationwide. Today, there are probably more than 10,000 shops."



Mickey Mantle's 1952 Topps rookie card, sold a few years ago for $3,000, is now valued at more than $6,000.

The proliferation of current-card collectors has attracted more card production. Five brands of baseball cards now flood the market. Topps is still the reigning king among collectors; Fleer, Donruss, Score, and Upper Deck are serious challengers.

Specialized magazines, such as *Baseball Card* and *Sports Collector's Digest*, inform avid collectors which cards are "hot" while listing the asking price of just about every card ever produced.

No matter what the initial price, a baseball card may never lose value. "As long as there are baseball fans, there will be baseball cards, and those cards will be worth something," Sal Riggio says.

I'm convinced. Right now, I'm going to take one more look on that closet shelf. Perhaps—just perhaps—still lying there is a baseball card or two that didn't get tossed out with that old shoebox.

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THE PURPLE MOCCASIN

A young runaway sets out to find Jesse James but soon discovers hidden romance by the side of the open road.

by MacKinlay Kantor

Illustrated by Matt Clark

Synopsis: *Jesse ran off from his home and family in Rosy Ridge, Missouri, intent on joining up with Jesse James and Cole Younger. He'd traveled all day on foot when he met Samuel Sickles, a doctor of science, and his daughter, Flora Katherine, as they were fleeing the property and gunfire of old Mr. Travis. Jesse was sure the Pinkerton men were looking for him, so he told the Sickleses that he had actually traveled from Arkansas. Doctor Sickles and Flora Katherine invited Jesse to spend the night at their camp in the woods—and to risk life and limb by returning with them to Travis' property in search of the mysterious "purple moccasin."*

Conclusion: Doctor Sickles planted his shabby boots wide apart, and he slid one hand inside his coat like a lawyer in court. "Our woodlands have been raped," he said. "The fairest flowers have been plucked from full many a tree, until the branches hang withered and barren. God's creatures have been scourged out of the underbrush and slaughtered without discrimination. With my own eyes I have seen the wild pigeons dashed to the ground, an acre at a time. They tell me, too, that the lordly bison are fading before the hunters' guns. Do you remember those stacks of hides we saw in St. Jo, Kitty-cat?"

Flora Katherine nodded and clapped her hands; and I thought I ought to clap, too, because this was marvelous speechifying.

The old man kind of nodded, as though we had pleased him. He picked up the spade which was lying on the ground. "The Lord himself only knows," he said. "I may be an instrument of regeneration, and I may be holding one of the very tools in my hand! Who am I to be balked by a mere Travis and a mere shotgun?"

Flora Katherine was dancing up and down with excitement; I tell you, he shed excitement like a sunset sheds paint, the way he stood there so gaunt and grand. "He said he'd shoot you next time, Daddy," the girl cried. "Do you really think he would? Do you really think he'll shoot?"

"He had murder in his eyes," said Doctor Sickles solemnly.

Her red hair fairly curled with the flames in it. She gasped, "He'll think you came after all that gold, and after the silver spoons. Maybe——."

Her father declared, "Stealth, Kitty-cat! We can circumvent murder by stealth. We will go by night—now, this very night, when the ignorant are slumbering and their guns are behind the doors."

Well, she screamed in joy, and then she said, "Can Jesse come along with us?" and my heart was heated in my mouth.

"Jesse can come, if he will." He came around the fire and put his long bony hand under my chin, and turned my face up until it looked square into his. "My son," he said, and I had the ague down into my toes—"my son, your ambition is to become an outlaw. Will you be content with this strange outlawry of ours?"

I mumbled that I'd like to go along with the two of them.

"We'll need the spade," Doctor Sickles decided, "and the bucket and the lantern, and we'll need three pairs of hands to manage the deed with due safety and dispatch. Come along," he said, "both of you, and we'll prepare ourselves."

• • •

Sometimes it seems as if the deepest shades of night are those in the earliest hours, with the horn-calls of whippoorwills sounding mournful in every brake, and the air fuzzy with June bugs and flying beetles and the plump gray moths that come to the kitchen window when a lamp is there. This is no occasion for ghosts, but a time for human beings to be faring abroad on most mysterious errands.

The bridge sounded like a hollow drum under our feet, no matter how dainty we walked. We went into Mr. Travis' timber at about the point where he had chased the Sickleses out with his shotgun; Doctor Sickles led the way, with a sooty lantern in his hand, and little daggers of light pointed hot into the underbrush on every side. Kitty-cat and I stayed to hand, but still we were behind him, and there was chance then for me to

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question Kitty-cat about Mr. Travis again, and about all the excitement he had bespoken when he talked of silverware and gold.

What she told me set the skin to puckering over my shoulder blades. They had questioned some folks in the neighborhood, and they knew why Mr. Travis hated to have other people step upon his soil. Because it was a soil which he believed to be filled with fortunes, and folks declared him to be a no-account farmer, but a savage man with a gun. During the war, that land had belonged to somebody else, and the somebody else who owned it was rich, and all his money and the costly silverware from his house were hidden away when the Yankees came nigh. It still lay, the story said, buried, unknown and neglected, in some corner of the farm. And Mr. Travis demanded to be left in peace to dig it up, and then he'd be rich himself, and beholden to no one.

It wasn't disturbing of the rabbits or muskrats that dwelt in his underbrush which he dreaded, but the prowling foot, and the hand reaching out for money; and most of all he hated anybody who carried a spade. Already he had dug a hundred holes around his farm, and he concluded that he might have to dig the whole place up, but he was more than willing to do it.

Like enough, he never knew that the purple moccasin was there until the day when Doctor Sickles saw it with his own eyes, and Flora Katherine saw it with hers. And maybe he wasn't even aware of it now. He had ordered them off of his property with his gun ready-cocked; and the second time, as I knew, he plotted to scare them by firing.

I kept imagining how the purple moccasin would look, as we circulated through the thickets. I wondered why it hadn't rotted away long before. Probably the Indians had left it behind them when they were persecuted down into the Ouachita Mountains; I had never heard of anybody finding one of their moccasins before. But I had found arrowheads myself, and Uncle Andrew dug up part of a stone ax when he was punching post holes for his new grate. So it was plumb sensible to consider that a purple moccasin might be important, and with my own ears I had heard Mr. Yeary offer Uncle Andrew 30¢ for the ax. Still, Doctor Sickles wasn't one to go hog-wild over money; the whole thing had me perplexed to death.

We went astray a dozen times. The hazel brush scratched our faces, and the berry vines did things to our clothes. "We're off the track, Kitty-cat," the old man would whisper. "We've gone far afield. Stand by until I survey the route again." And then he'd prowl ahead, holding the lantern in front of him and bending his shoulders low, until he thought he saw a familiar trunk or a combination of trees to guide him.

"Are you fearful?" he'd want to know, time and again. "My children, keep your ears receptive for the approach of Mr. Travis."

So we'd listen until our ears fried, and all we could hear was the fluttering of catbirds that we disturbed off their roosts, and the buzzing of unknown critters in the air; and our frightened eyes would start out of our heads whenever we walked into webs of the big black-and-gold spiders that lived there. All the time, we were going deeper and deeper into the hollows; and once a fox yapped on the hill above, and I nearly jumped out of my skin.

Then, when at last the talking of the river had faded plumb into the past, we found ourselves at the rim of a twisting gully, and Kitty-cat's hand was perspiring instead of cold, when it clutched mine. "We're here," she whispered. "This is the place, Jesse. This is where we found the purple

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moccasin," and Doctor Sickles was breathing hard as he tumbled down the steepness ahead of us. We brought up amongst basswood trunks that shone pearl-gray in the lantern light, and I felt my feet go deeper and deeper into the mold of forgotten leaves.

Doctor Sickles was squatting now. His hand shook so that he seemed ready to upset the lantern and maybe burn those woods to ash, and the purple moccasin too. For there it was, directly under our eyes; and at the first second I felt a shiver of disappointment inside me. But the next minute I reckoned that here was something kind of holy, if it could make Doctor Sickles cry the way he was doing.

It was a flower, and it grew tall and straight in its solitary little pocket of wilderness. It was like the lady-slippers I had picked so many times, but instead of being yellow or being pinkish or white, the swollen petals of this flower were as purple as the purplest dress that any lady ever wore. They seemed fashioned of silk and velvet, and of numerous fabrics out of fairy tales; the color was as rich as a crow's-foot violet, and when a little wind came down the hollow, the long pointed leaves seemed to sway with pride.

Doctor Sickles sucked in his breath until it made a steamy sound through his teeth. "*Cypripedium*," he said. I reckoned that was a new kind of prayer, like the French Catholic said who came to work for my pap one time. "*Cypripedium* most certainly, Kitty-cat. And I would have said *hirsutum* from the beginning, but I had no chance to closely observe the corolla before Travis was upon us. Look! Look!"—and he was fair shouting with delight and astonishment, and the noise he made would surely have tweaked a dozen Mr. Travises out of their slumbers.

"*Acaule*," he said. "*Cypripedium acaule*. Certainly there must be a close alliance. Winthrop may say that this is aberration, Kitty-cat, and God knows he may be correct. But I believe that here is treasure of the rarest tincture."

And then he sort of sighed, and lifted up his head and surveyed the barrier of darkness. "If I only knew, my children, what other beauties lie buried in yonder fastnesses. . . . Young Jesse, give me the spade."

He cut deep into the rich, clinging soil, and he took out a generous circle all around that plant. He worked carefully with fingers and blade, and I saw that he had intention of filling the bucket we had brought with all the earth which had nourished that most peculiar flower. And maybe that same earth would nourish it in the future, and let it grow to be a joy forever.

• • •

It seemed hours. My throat was dry, a-watching and a-waiting, but there wasn't much that Kitty-cat and I could do, except to hold the lantern and fetch the bucket close when he wanted it. He brought up the whole enormous beauty of the soil in one cake, and it couldn't have been more than the passage of a few moments before the purple moccasin was growing from the bucket as if it had always grown there. Then we crept out of the gully, and this time Kitty-cat was carrying the lantern and I had the spade, and Doctor Samuel Sickles nursed the bucket like it was a cradle with a two days' babe inside.

"Well, I'm just relieved to see that living in New York City hasn't changed you, Allan."

But the fortune that had attended us began to slip and yield; far away we caught a flicker of light, and a dog barked even closer.

"Daddy," asked Flora Katherine, in a weak little voice, "shall I blow out the lantern?"

The old man stood stock-still. He didn't seem to breathe. "May heaven forgive me," I heard him murmur, "if my avarice has brought harm to you." And then he whispered sharply, "No! We must run. The dog would find us, even if we lay in the dark."

We went through that brush as hard as we could pelt. The vines harried us, and I reckon we weren't following the path by which we had come in, for it was no path at all. But we did know our directions; we could catch sight of the Big Dipper high ahead of us, and other stars that anybody might know. The dog bayed and barked, and once he was silent for a long time—so long that he seemed lost in the brambles. But he came forth again, nearer at hand, and we heard the voice of Mr. Travis, urging him on.

It wasn't rapid fleeing that we did. The bucket hung heavy in the old man's hands, and he had to shield the tall flower from dead limbs that reached out and tried to smash it. I tripped twice and went flat, but was on my feet spunky enough thereafter; and Kitty-cat was the fastest runaway ever I saw, to escape through unfamiliar forests in such a fashion. But the dog and the man were coming closer behind us.

I reckon some kind of angels opened up the underbrush, for it's certain we made more rapid journeying coming out than we had made going in. . . . Rays of the lantern flew helter-skelter across the rail fence that lined the road. Horses were gallivanting beyond; the light caught their legs; and in all our breathlessness and fear, we could see dark forms of riders atop them.

By this time Mr. Travis' dog was close amongst us, and though he didn't snap nor bite, he outcried in a way to drive us distracted; and Mr. Travis himself was crashing through the final thicket, and I wondered in my agony why he didn't shoot.

A rail scraped my shin. Another took a bite out of my shoulder, and then all at once I was through the fence, and so was Kitty-cat. But poor Doctor Sickles couldn't fly through any fence—not with that bucket, and all the stiffness of his limbs, and his intention of guarding the purple moccasin that nodded and swayed under the bucket's bail.

Doctor Sickles swung around to face his pursuer, and he held up one hand. "Mr. Travis," he cried, "be wary

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with your shotgun! Don't stain your hands with the blood of these innocent young!"

"They're no more innocent than you be!" yelled Mr. Travis, bursting from the hazel brush like a bear from his den. "I see you've got a bucket full, but you'll never cross that fence with it!" The barrel of the shotgun poked out long and vicious in the dull light.

Those horses in the road had the bits drawn tight in their mouths, and they were rearing with astonishment, and the men who rode them were mighty well astonished too.

"Stop that!" came a voice. "Put down that gun, or I'll drill you quick!" and the rider who had spoken talked as if he had a revolver in his hand.

Slow and uncertain, the barrel of the shotgun went down, and I heard Mr. Travis a-growling.

Doctor Sickles stood there, facing him steadily, with the bucket handle gripped tight. Then a horse crowded against me so close that I could smell his hair, and a wonderful voice cried out, "Jesse! What in time are you doing here?" My knees turned to dough all on a sudden, for I knew that voice; it was my pap, and he was close to hand.

They got down from their horses—three men—and they took the lantern from Flora Katherine. Sure enough, here was pap, and he took hold of my arm, and I liked to feel him doing it.

And nigh to him was Uncle Andrew, and a third man that I couldn't recognize for a moment, as I'd never seen him frequent. He was tall and dark and young, and he had a handsome black mustache that hung low on either side of his mouth. And then I knew him for Mr. Charley Gaffney. Even with the frail light making patterns on his face, I should have been able to recognize him before this: he was sheriff of Barbary County, and a right mean man for anybody to come up against.

"Ben Travis," he said, "you won't commit murder in my presence."

"He's got the gold off of my land!" cried Mr. Travis, pointing at the wooden bucket. "They've been coming after it for days, and they'll only carry it off over my dead body!"

The sheriff chuckled, and then he climbed over the fence most speedily, and bent down to glimpse the burden that Doctor Sickles was carrying.

"He's got a plant, Ben Travis. Some kind of flower. And that's all he seems to have, and a lot of dirt with it.... I reckon it's mighty lucky we happened by here a-searching for this young'un of Henry Bohun's."

Well, the explaining started up, and for a while they couldn't make much out of Doctor Sickles' talk, with all his praise and wonderment about the purple moccasin; and through the whole rigmarole, Ben Travis was still demanding Doctor Sickles' blood, but the sheriff took his shotgun away.

Sheriff Gaffney laughed his head off, and he said that it was astonishing how crazy Mr. Travis acted about that land of his, and he had better look out or they'd lock him up for a lunatic. "Who owned this land during the war, Ben Travis?" he kept demanding.

"Your pappy!" said Travis. "But everybody knows that his slaves buried the treasure at a point unknown to him, and then they skun out when the Yankees rode up, and they never did come back. And with my own ears I heard your pap say that there was gold and silver in this soil, long before he died and long before I ever bought this farm."

But Mr. Sheriff Gaffney just put his arm on Ben's shoulder and begged him to consider reason. "It may be," he said, "that there's a dozen or two teaspoons and $100 in gold stowed under a stump somewhere. But there's no great wealth, Ben Travis. If my father spoke of gold and silver in this earth, he meant the kind that comes from grain and hogs and apple trees, from toil well-performed and duties done honest. That's what he meant, and you'd better put in some crops instead of raring around with a shooting iron."

They had to hear all about Doctor Sickles, too, and whence he came. He told them his wagon was filled with plants, but none so wonderful as the purple moccasin, and he reckoned folks wouldn't believe he had it, when sometime he wandered back to the cities with his little girl, and stopped at the dooryards of men who took interest in such things. He wanted the whole biling of us to come to his camp, and we did have to go, for my bundle. Doctor Sickles wanted us to see his herbs and posies, and others that were squashed flat in big books, and I guess he had written a few books himself. And most of all, when they could pull him away from his

continued on page 94

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GOOD SCENTS IN THE GARDEN

Plant this 19-fragrant-herb garden just for the smell of it.

by Sal Gilbertie

Scientists tell us that the sense of smell stimulates more nostalgia than any of the other senses. Haven't we all sniffed a lilac bush or a rose garden and immediately recalled a person or a place? Well, why not court some future memories with a fragrant herb garden?

Herbs are easy. Most require little or no water once established and don't occupy much garden space—an average of about two square feet per plant. This means that an area as small as four-by-ten-feet can comfortably accommodate 18 to 24 herb plants. Herbs are by definition "soft-stemmed plants," which are more susceptible to fungi than hard-stemmed plants. Fungi thrive in darkness, wetness, and stagnant air. Herbs prefer the opposite: sun, airiness, and well-drained soils.

In particular, herbs don't like "wet feet"; to avoid this, be sure that your soil has plenty of sand or gravel and that it does not stay wet or muddy. An elevated garden is desirable—on raised beds, a gentle slope, or a contained structure of brick, stone, or wood. This ensures good drainage and eliminates worries about surrounding wetness.

In preparing any area for herbs, the primary consideration is the pH factor of the soil. Most herbs like a relatively neutral soil bed, so be sure to test the soil and make the necessary adjustments to bring the pH to within the 6.5 to 7.0 range. Otherwise, you will not get much growth. I also add about ten pounds of dehydrated manure to every 20 to 25 square feet of planting area; you can also substitute compost. Although herbs don't like a lot of fertilization, a bit of organic matter to get their root systems well-established is a good idea, especially in a sandy soil.

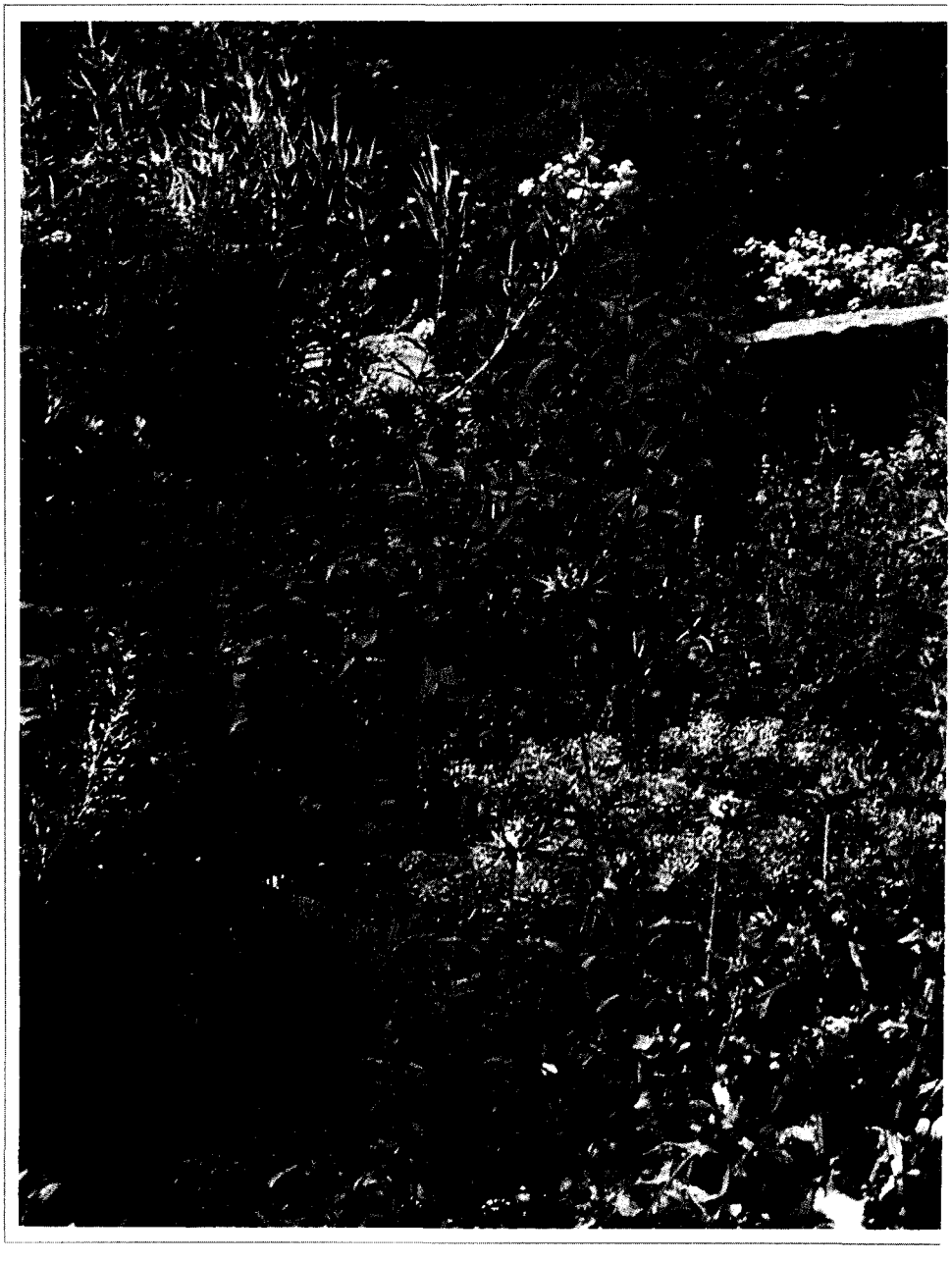
Most perennial herbs require about 18 to 24 inches of space. Plan your herb garden with that fact in mind.

The most popular of all fragrant herbs are the perennial lavenders. The English lavenders, *Lavandula angustifolia*, thrive in full sun and slightly alkaline (pH 7.1) light soil with good drainage. They're hardy to USDA zones 5 to 8. (Your county extension agent can tell you what your zone is.)

Lavender Hidcote, the darkest flowering English lavender, is probably the blossom most preferred in potpourri making. Plant an alternating border of Hidcote and Lavender Rosea, which has unique pink blossoms. The neatest small shrub of all, this is my favorite for the garden, though its blossoms are not the traditional color.

An alternative lavender border could include Munstead, named for the garden of the noted British garden designer Gertrude Jekyll, and the earliest blooming English lavender with lavender blue flowers. Easily managed, it grows to only 13 inches. Gray Lady, a more recently introduced cultivar similar to Munstead, has blue flowers. It grows even neater.

The bee balms, *Monarda didyma*,



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are a wonderful group of flowering, fragrant perennial herbs. Their large, delicate blooms and stately, erect stems add great accent when planted in the background of any garden. Bee balms come in many colors, from brilliant reds to soft pinks as well as a pure white, a dark mahogany, and a vast range of violets. They're hardy in USDA zones 4 to 9.

Croftway Pink is my favorite, with its soft, rose-pink flowers. Adam Red is another popular monarda variety. The flowers of this cultivar are a bright, vivid red. The plant blooms in midsummer and remains colorful well into fall.

The scent of such fragrant herbs as Anise hyssop, lemon basil, bee balm, fruity sage, and Corsican mint will linger in your memory long after the plants are dried and gone.

Also for planting in the background, Anise hyssop, *Agastache Foeniculum*, makes a bold garden accent with tall spikes of purple flowers that attract bees. (The bees make a fine, mild honey from it.) The very hardy perennial herb grows to 24 inches and flowers from July through September.

Plant hardy marjoram, *Origanum X marjoricum*, as one of your garden's corner plants. It has an especially pleasant, sweet, pungent fragrance released in the garden when brushed or after a gentle rain. It grows to about 20 inches in height and flowers through most of the summer. It's hardy to USDA zones 9 to 10.

Cleveland sage, *Salvia Clevelandii*, a pleasantly sweet, aromatic gray sage, grows to 18 inches and looks best in the heart of your garden. It is a hardy perennial, hairy leaved with true blue flowers and the best fragrance of all the hardy sages. Cleveland sage is hardy to USDA zones 4 to 8.

Corsican mint, *Mentha Requienii*, is the lowest growing and tiniest leaved of all the perennial mints. Hardy to USDA zone 5, it likes rich, moist soil (pH 6.5). It does require some protection from the heat of the summer's sun—its delicate leaves will sometimes burn in hot, dry weather.

For this reason, plant Corsican mint around or under the annual sages that grow rapidly in the summer to offer a good source of shade for the plant. Because it does not spread as other mints do, you can include it in small gardens; it is never the threat that its invasive cousins tend to be.

Two popular fragrant herbs, which I classify as "tender perennials" because I don't believe they consistently survive in winters with sustained temperatures below 15 degrees Fahrenheit, are curry plant, *Helichrysum angustifolium*, and Rosemary ARP, *Rosmarinus officinalis Arp*.

Curry plant's lovely gray foliage has a strong, sweet, curry scent when grown in warm sun. It produces tufts of golden flowers on 15-inch stems, suitable for drying. The delicate silvery foliage, resembling that of rosemary, makes it a welcome gray accent to the fragrant garden. Plant curry plant in the corner of your garden.

On a trip to Texas in the early 1970s, Madalene Hill found a blooming rosemary plant on January 18

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when the temperature was 18 degrees Fahrenheit. All ARP rosemary plants originate from cuttings of this plant and may fulfill the Northern gardener's dream of a hardy rosemary. Probable hardiness is currently rated USDA zone 7. Plant Rosemary ARP in the heart of your garden.

Ambrosia, *Chenopodium Botrys*, is a member of the "goosefoot" family, so-called for the shape of its leaves. Ambrosia, also known as "feather geranium," grows easily from its long-lasting seed and reaches a height of 12 to 15 inches. It is a good mid-garden choice. Its plumes of foliage produce a sweet and spicy scent when touched.

Cinnamon basil, *Ocimum Basilicum ssp.*, combines the traditional clove flavor of basil with cinnamon for a unique spicy fragrance. Set out plants after the last danger of frost and grow in full sun. Plant them in the background. They will reach a height of 24 inches and will flower a delicate lavender-rose throughout summer.

Lemon basil, *Ocimum Americanum*, has small leaves and a lemony fragrance that forms a base for some potpourri. It makes a fresh, light tea, and it is a traditional seasoning in pea soup. Lemon basil grows to 18 inches and flowers white, making it a luxurious choice for a corner of the garden.

With an apple fragrance, chamomile (German), or *Matricaria recutita*, is a versatile and popular herb, hardy to USDA zones 3 to 4. This annual variety grows to 24 inches and produces more flowers than its perennial cousin, Roman chamomile (*Chamaemelum nobile*). I prefer it in the fragrant garden as a corner planting.

Heliotrope, *Heliotropium arborescens*, was my father's favorite fragrance, and its scent always reminds me of him. A Peruvian native, heliotrope has purple, vanilla-scented blooms that last all summer and add a wonderful old-fashioned fragrance to your garden on warm summer evenings. Plant it mid-garden.

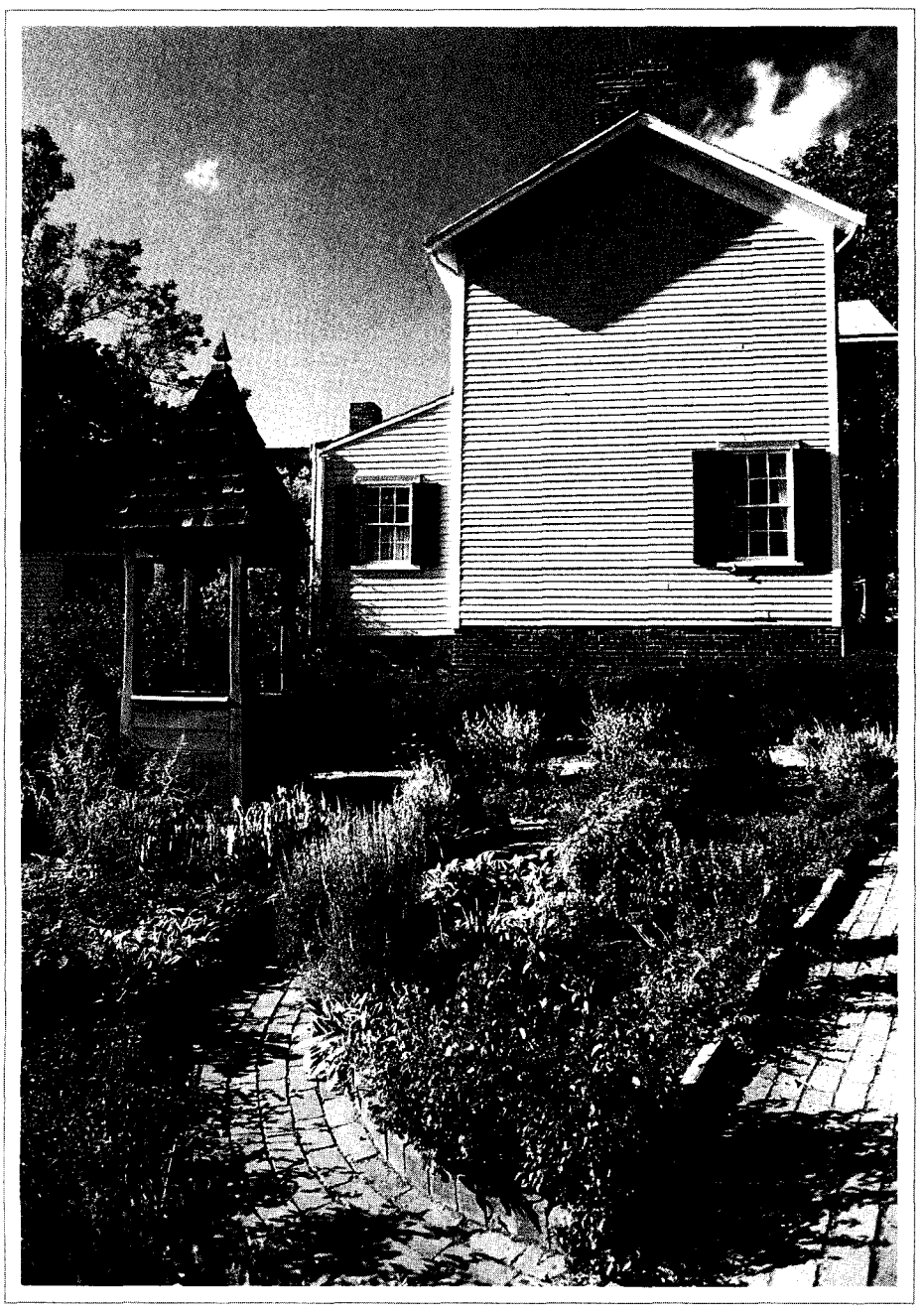
Although both can tower over other herbs in the garden, the very best fragranced annual sages are pineapple sage and fruity sage. Pineapple sage, *Salvia elegans*, sports brilliant, bright red, tubular flowers most of the summer and reaches a height of 3 feet and a spread of about 30 inches, so you have to give it a little more room than most other herbs. Plant pineapple sage in the background.

Fruity sage, *Salvia Dorisiana*, has much larger, fussier leaves than pineapple sage, and its fragrance is much less defined. It is probably best described as a "fruit punch" flavor—very pleasant and sweet. Its lovely, tubular blossoms of rose pink flower in late summer. Plant it in the background but apart from pineapple sage.

No fragrance garden would be complete without a scented geranium or two. Because rose-scented geranium, *Pelargonium graveolens*, is the most popular old-fashioned fragrance, I always recommend it. Deeply cut, heart-shaped leaves with purple-veined, orchid flowers, this geranium sometimes grows to 24 inches with an equal spread, and it makes a perfect centerpiece planting.

Once the fragrant garden is established, it truly pleases all the senses—not only with its wonderful smells, but also with its beauty in bloom, the delicate textures of the foliage, the nectar from its sweet blossoms. And if you stand quietly for a while, you may even hear an old lullaby grandma used to sing as she gathered lavender in her garden—or was that just a memory?

In colonial times, no garden was complete without a complement of herbs such as these at the Virginia home of President James Monroe.



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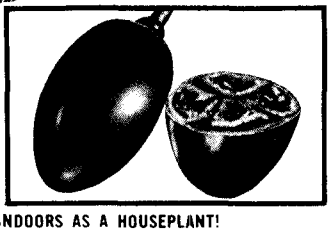

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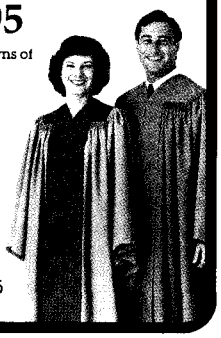

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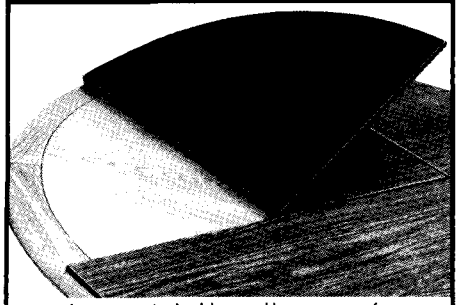

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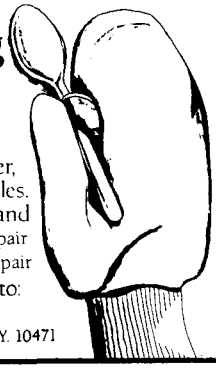

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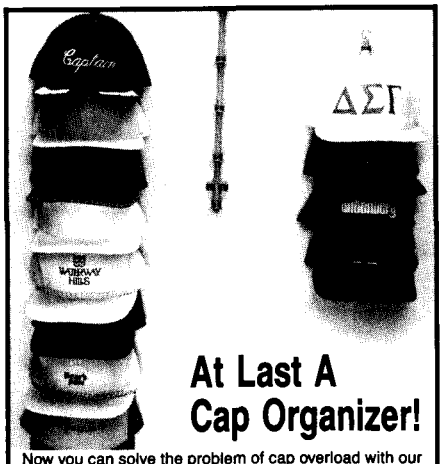

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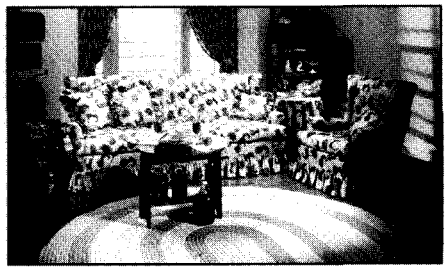

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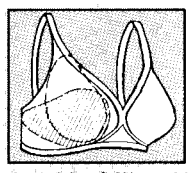

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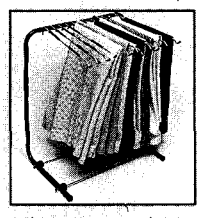

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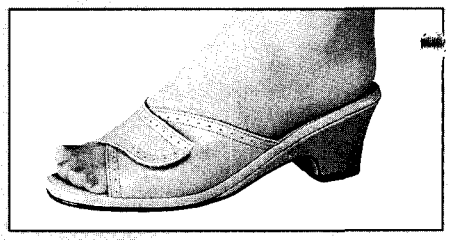

Adjustable fit by Beacon®: $12.99. Cushioned insole, suede-like lining, 2" wedge. Imported. White, black, red, tan. Full and half sizes: 6-10, 11 N, W; 5-10, 11 M. Add $2.50 p&h (1 pr.), $3.50 (2), $4.25 (3). Money-back guarantee. Major credit cards accepted. Old Pueblo Traders®, Dept. HAM1A, P.O. Box 27800, Tucson AZ 85726-7800.

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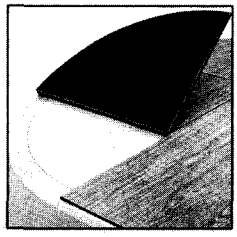

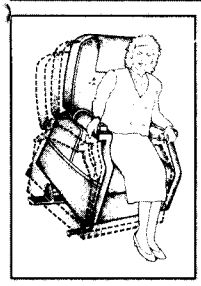

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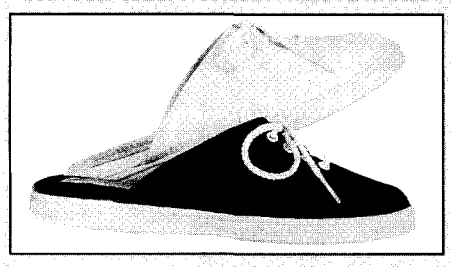

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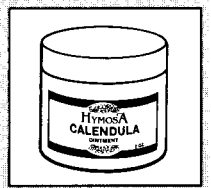

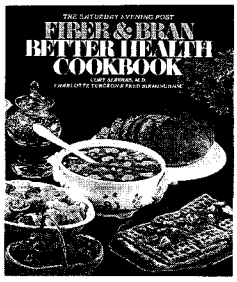

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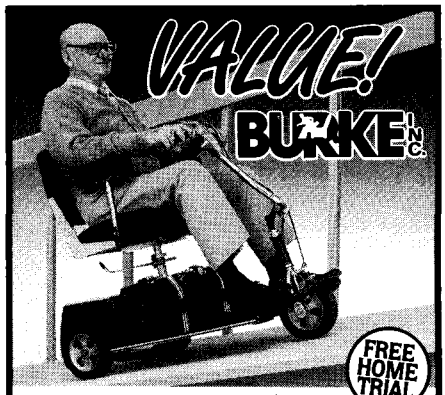

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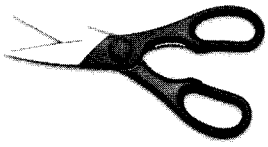

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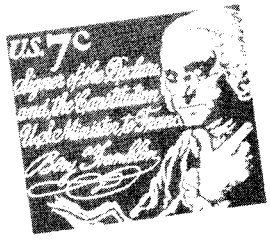

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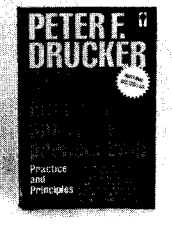

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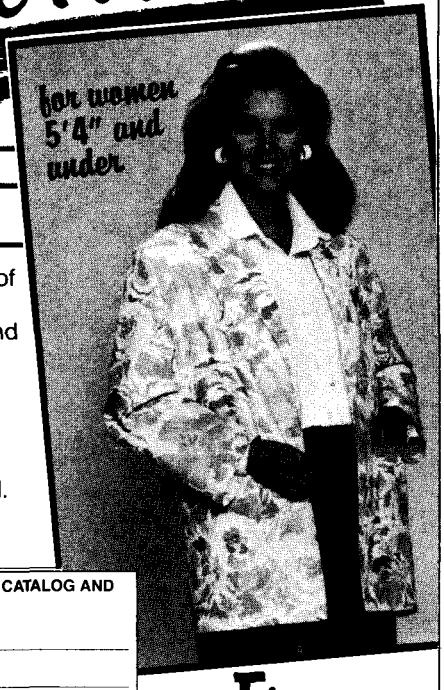

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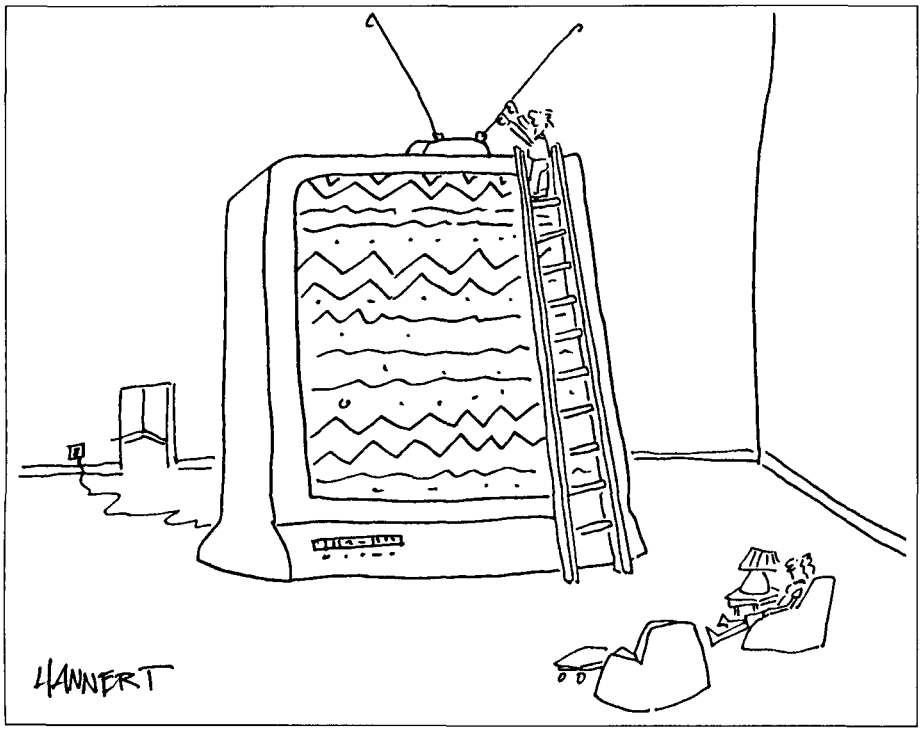

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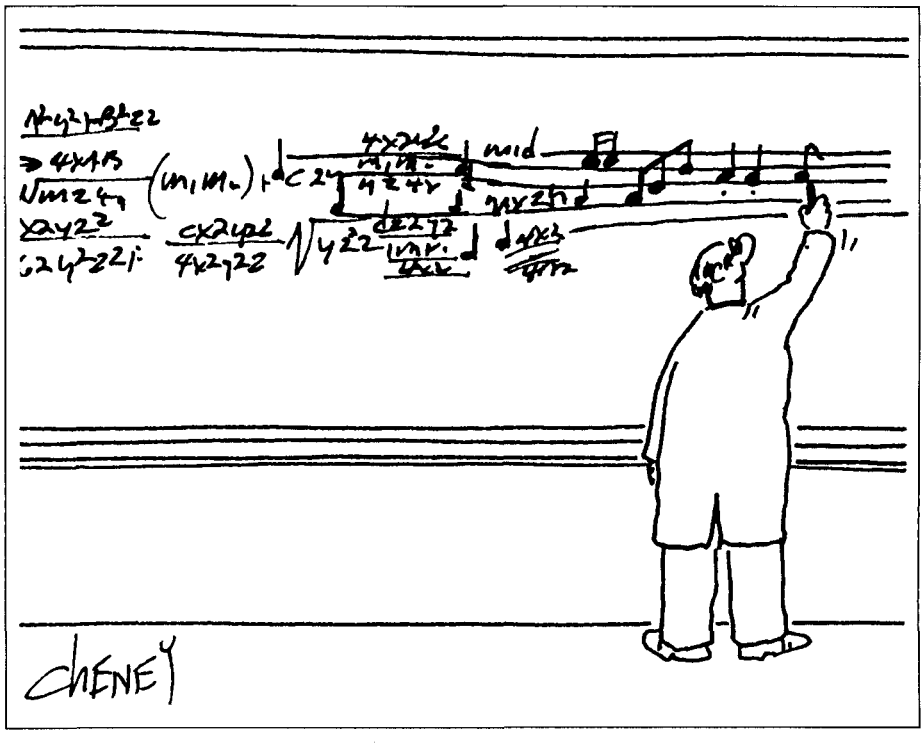

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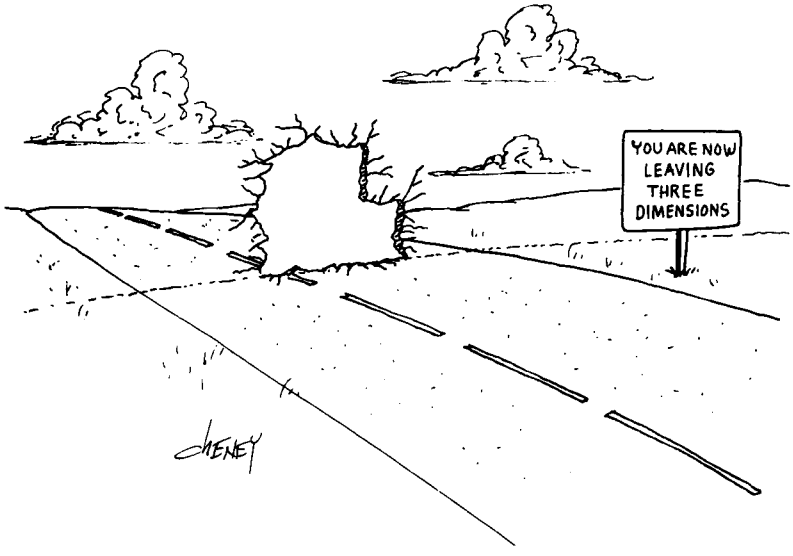

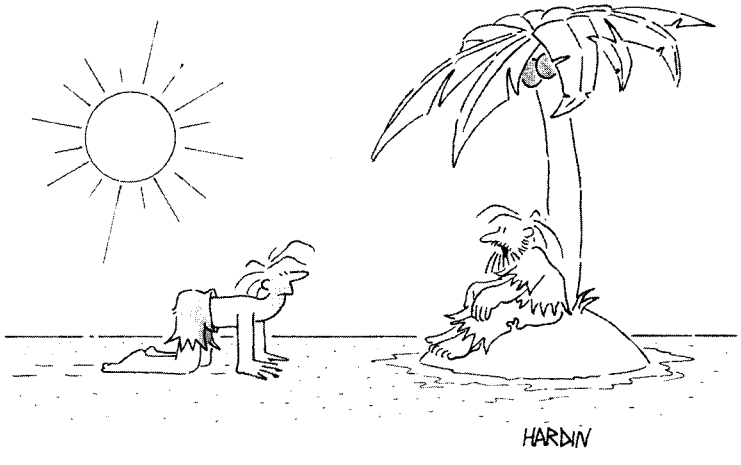

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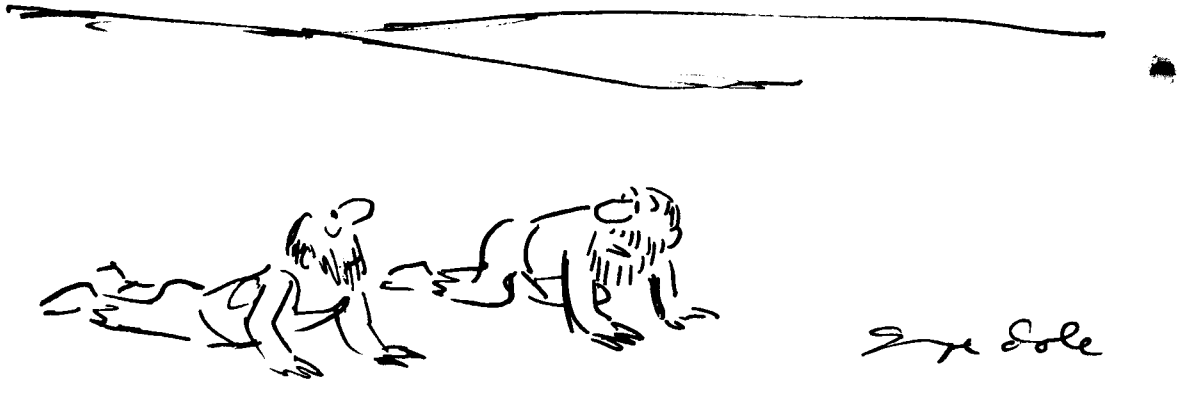

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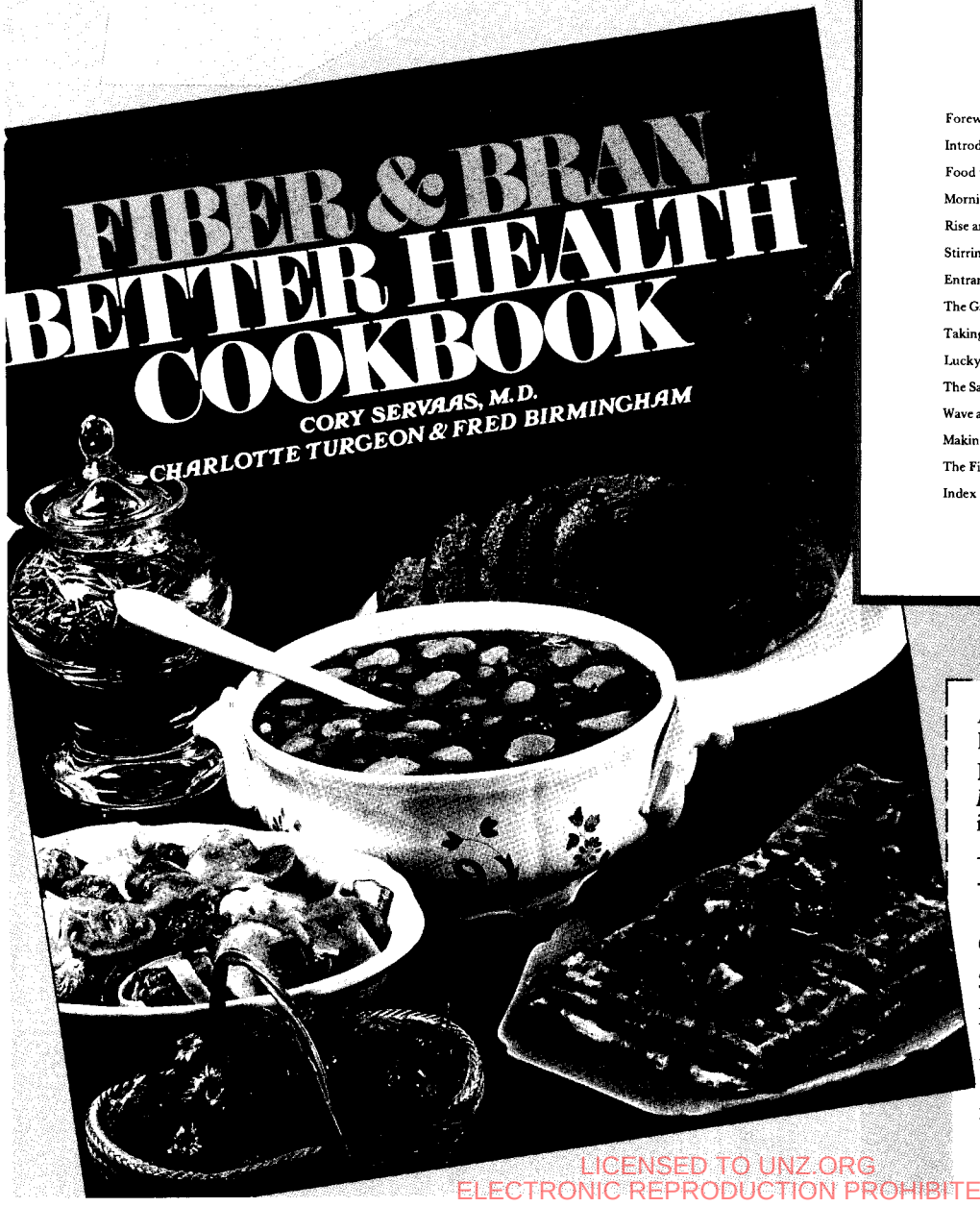

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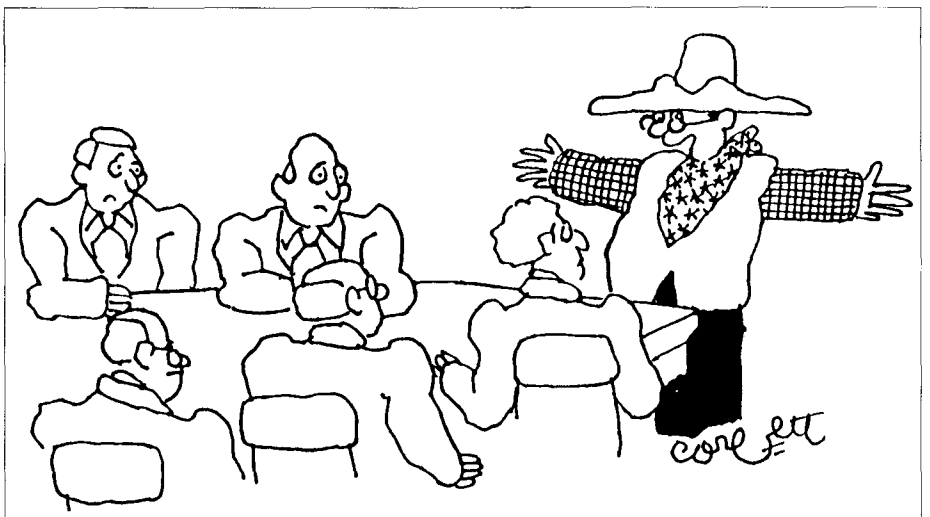

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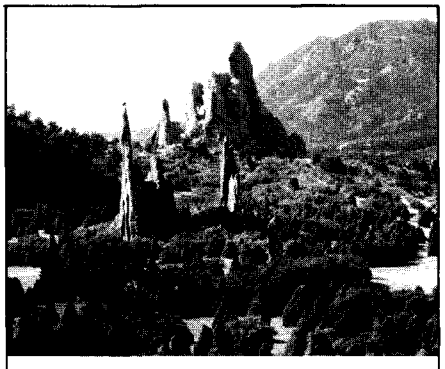

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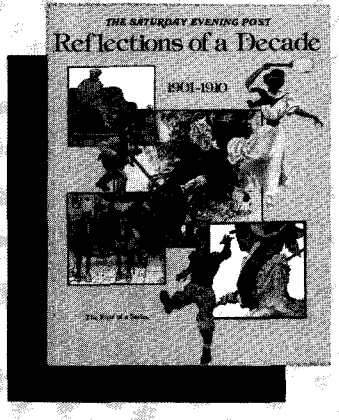

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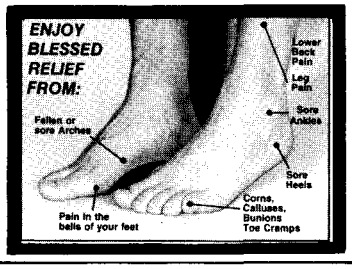

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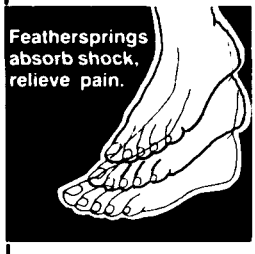

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NEW MEXICO: ANOTHER DIMENSION LOOMS

A pair of Albuquerque weavers cut from the same cloth are spinning new yarns that have an extra twist.

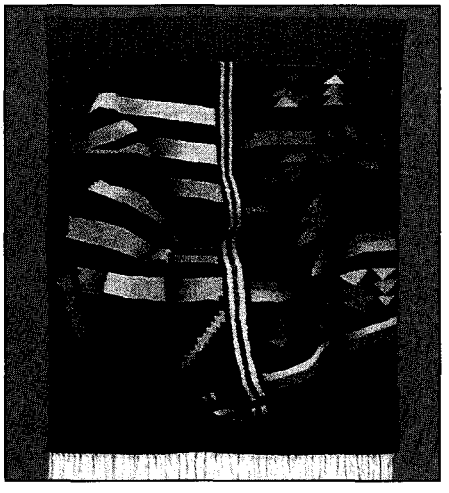
by Dale Chaney

When Nancy and Janusz Kozikowski set up their studio in a New Mexican adobe village, they figured they'd have a tough time making their mark on the state's venerable weaving tradition. "We knew people didn't come to New Mexico to buy Anglo weaving, even Anglo weaving that was very, very different," Nancy says. And different it was. In contrast to the two-dimensional, geometric New Mexican rug and blanket patterns that have prevailed for hundreds of years, the Kozikowskis' three-dimensional tapestries of landscapes, portraits, and abstract designs looked more like painting than weaving.

Today, three-dimensional designs are found side by side with more traditional patterns in weaving shops and art galleries across New Mexico, and the Kozikowskis' own work is prominently displayed in public places. One of Nancy's tapestries, longer than a stretch limo and valued at $24,000, decorates a new wing in Albuquerque's airport. Janusz (YAN-ish) sells pieces in his "Chair" series (likelife depictions of Indian blankets draped on overstuffed chairs) for $8,000, and both artists have received considerable commissions for their work in hotels and other public buildings.

But it wasn't that way when the Kozikowskis arrived in the village of Medenales in 1973. John Cacciotore, the owner of the Dartmouth Street Gallery in Albuquerque, says, "There was no change, or very little, in New Mexico weaving for centuries. With the Kozikowskis, in 15 years there's been a big change."

Typical New Mexican weavers make the back of a piece as flawless as the front; the Kozikowskis let yarns hang untidily from the back of their decidedly one-sided tapestries. Traditional weavers also allow their two-dimensional geometric designs to unfold spontaneously. By contrast, the



Kozikowskis carefully draw complex three-dimensional designs on the warp of the loom. The Kozikowskis dye their own yarns, but they use dozens of colors instead of the usual five or six. Employing more colors, the two found, helped create a painted effect.

The Kozikowskis' tapestries began selling around the country through galleries they'd contracted with while living out-of-state. Local weavers gradually realized that the Kozikowskis could help them market their own work nationwide. Some even began studying with the pair to learn the curving, shading, and yarn-dying techniques used to provide depth.

In the established New Mexico art market, Indian shops sold Indian weaving and Hispanic shops sold Hispanic weaving. "There was no place to show our pieces in the right context," Janusz says. "Even the galleries had to be convinced that our pieces were art, not just craft, because they contained an idea." A promotion program that included publishing articles about the Kozikowskis' work and bringing bus loads of tourists to the studio in Medenales eventually convinced local shopkeepers and gallery owners that three-dimensional tapestries were marketable.

Now amicably divorced but still following parallel paths, the Kozikowskis keep their looms busy with commissioned work. Both say they'll continue to promote three-dimensional weaving to the New Mexico weaving industry. "People today are demanding that kind of quality in weaving," Janusz says. "And New Mexico right now is setting the standard in weaving. It has the tradition; it has the weavers who really know how to weave. We'd like to keep contributing to that tradition."

New Mexico's "Other" Art Center

Santa Fe is synonymous with New Mexican art. But Albuquerque is also a flourishing center for New Mexico artists, and the weavings of the Kozikowskis are only one facet of the Duke City's diverse art scene. Other artists:

- *Wilson Hurley*, whose sweeping and majestic landscapes reflect the Southwest at its best;
- *Angus Macpherson*, whose contemporary approach to landscapes evokes a more impressionistic vision; and
- *Frank McCulloch*, whose work is part of important museum collections worldwide.

John Cacciotore, president of the Albuquerque Art Business Association, says, "Albuquerque is an art lab, an incubator for artistic expression."

Rather than concentrating in one area, the 50 to 60 galleries of the Albuquerque art world spread across the far-flung city. Cacciotore's group has divided the city into districts, and now stages coordinated gallery openings in one area one month, in another district another month. The group is also sponsoring The Art of Albuquerque at the Albuquerque Museum, April 20-25. The show will highlight the cultural pluralism available in Albuquerque.

For more information: Albuquerque Art Business Association, P.O. Box 13566, Albuquerque, NM 87192, 505-292-7537 or 505-266-7751; Albuquerque Visitors Bureau, 625 Silver Ave. S.W., 505-243-3696.

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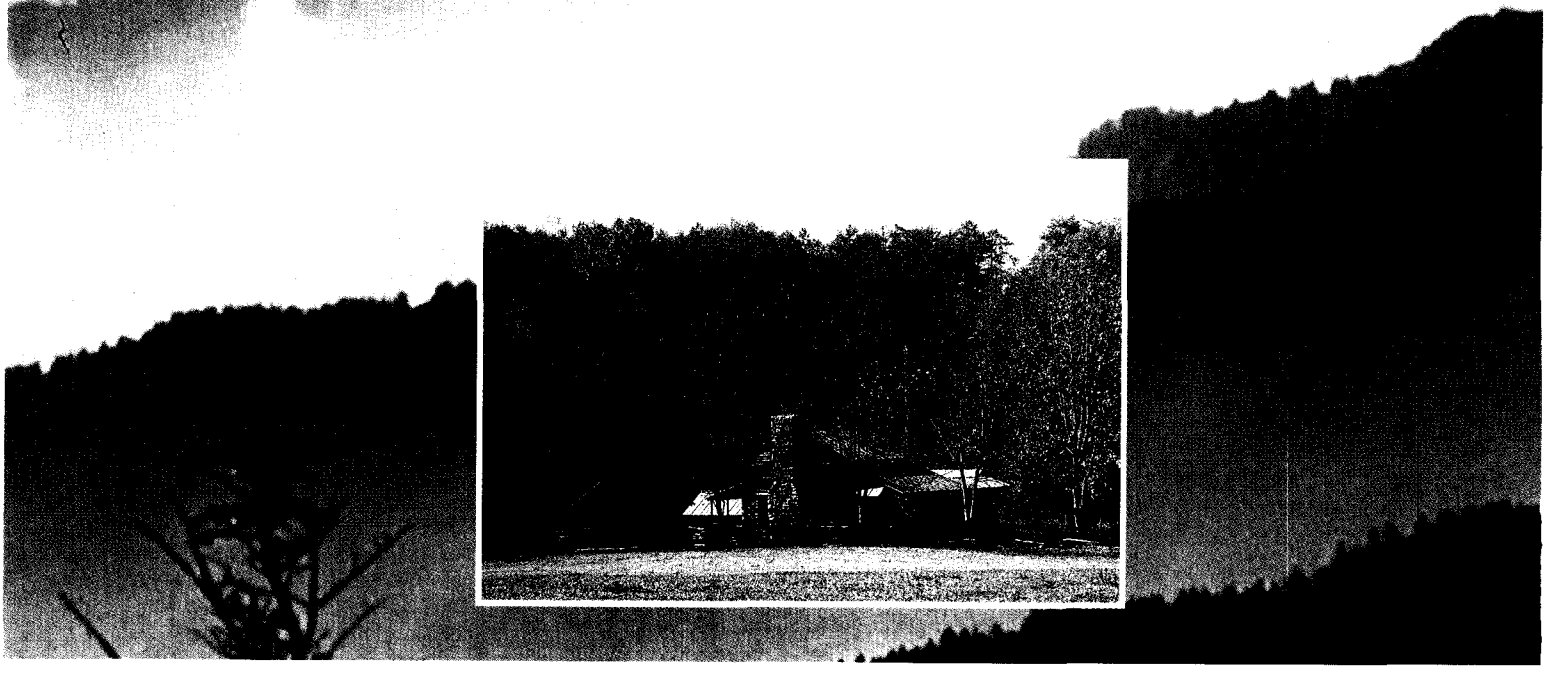
The Great Smokies



A Cherokee Land

Most people see Sevierville (suh-VEER-vil), Tennessee, only through their car windows on the drive from I-40 to Great Smoky Mountains National Park. Few of them notice a grassy hump, barely higher than street level and perhaps 50 feet in diameter, sandwiched among the local fast-food stops, a shopping mall, and a new motel. But experts say the McMahan Mound (named for a town founding father on whose property it was located) was already the center of an Indian culture 3,000 years ago.

By the time of the early Christian era, prehistoric Sevierville had grown to include wood, thatch, and clay homes clustered around an open plaza, dominated by a large earthen mound used for the house of the chief and one or more public buildings. In the next several centuries, new earthen layers hauled in basket by basket increased the height of the mound more than 20 feet to enhance local prestige. By A.D. 1500, the homes were built entirely of clay.

This peak of prehistoric Native American artistic and technological achievement would not survive European explorations into the interior Southeast. Epidemics devastated a vulnerable people, and by the 17th century, this and other Mississippian mound centers in the region lay deserted. The land became another people's. But only with the trails the Indians left behind could early white explorers find their way over the high divides bridging these mountains and valleys. Hernando DeSoto and Juan Pardo "discovered" the Smokies in the 1500s by following the Great Indian Path along the French Broad River, a route for northern and southern Indians passing through east Tennessee.

Early English settlers used the same trails to cross the mountains and plant Scot-Irish communities in fertile valleys and coves throughout the haze-hung Smokies. The same paths were the basis for many present-day roads. They wind lazily around the feet of the slopes and rise steeply to cross them, like Highway 441 from Gatlinburg, Tennessee, to Cherokee, North Carolina, the only route over the mountains through the Great Smoky Mountains National Park. Near the summit, the view from Newfound Gap seems infinite. For as far as it is possible to see, ridge after ridge disappears into the haze. This is the old Cherokee country.

Modern scholars regard the Cherokee as the direct descendants of the mound builders. A solitary half-breed Cherokee, Sequoya, produced the only written Indian equivalent of the alphabet. In the museum in Cherokee, his feat is chronicled, and the language preserved for visitors to hear. A push of a button, and the 121st Psalm, "I will lift up mine eyes unto the hills," is recited in the soft syllables and guttural sounds of the Cherokee tongue.

The Cherokee of the Great Smokies were divided, but not conquered. Seventeen thousand of their members were rounded up in the late 1830s and

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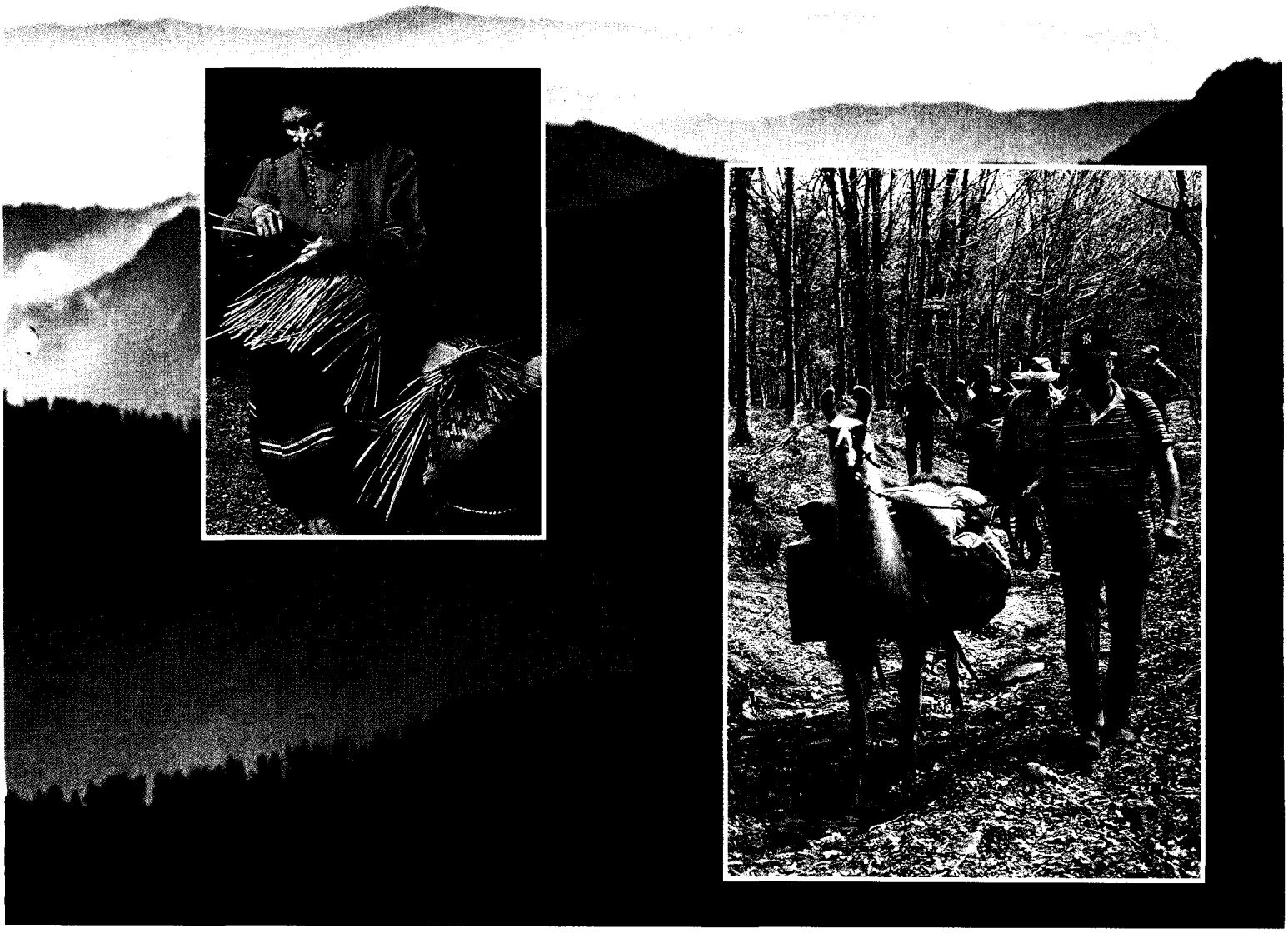

marched 1,200 miles to a new home in Oklahoma. One-fourth of the exiles died on the infamous "Trail of Tears." Other tribe members went into hiding in the vast coves and hollows of the Great Smoky Mountains, where they clung to their ways, often with the knowledge of sympathetic whites. In succeeding decades the fugitives reemerged, clan by clan, to buy back and regain tribal control over 56,000 acres. The Qualla Boundary—their land, not a reservation—was then given in trust to the federal government to prevent any further transfers to non-Cherokees. The Smokies town of Cherokee lies in this district.

Today the Cherokees' descendants reenact the Trail of Tears saga during the summer months in an amphitheater in Cherokee. At the entrance, an eternal flame commemorating the Trail of Tears has burned since 1951. The flame was lit by coals from a Cherokee Indian Council fire burning in Oklahoma since 1839 and in turn ignited by coals carried westward on the Trail of Tears. Each night the hillside arena, under myriad stars against a jet sky, the fragrance of pines scenting the summer air, rings with the perfidy of the white man's betrayal of the American Indian.

Because the Smokies were for so many centuries the crossroads of Indian trails and paths, nearby Pigeon Forge, Tennessee, will be the site of the 1990 National American Indian Pow-wow. "Countless pow-wows have been held on that very spot through the ages, so why not ours?" an organizer says. From May 4 through 6, thousands of tribal representatives from all over the country will gather in Old Mill Park on the banks of the sparkling Little Pigeon River, the marker for one fork of the Great Indian path, for traditional Native American activities—sports, arts and crafts, and dance. The public is welcome.

The Great Smokies National Park itself is another echo of prehistoric North America. It too was once imperiled by the encroaching white nation. At the turn of this century, lumbering interests began stripping the mountainsides of vast stands of virgin timber. Only the establishment of the Great Smoky Mountains National Park in 1926 stopped the ravishment and gradually restored more than a half-million acres in Tennessee and North Carolina to a wilderness state similar to that trod by the Indian. Immense forests of virgin timber still loom over "Sha-conage," the Indian "land of blue smoke," its blue mists curling up with the same indolent motion as chimney smoke.

In 1990, more than 800 miles of hiking trails, many following Indian footsteps, crisscross the park, including a stretch of the famed Appalachian Trail. Even in this most-visited of national parks, it is no problem to find a solitary spot where the silence is broken only by the sounds of nature, where you feel yourself in harmony with Mother Earth and experience a kinship with those who silently walked the paths centuries before you.

—Sylvia Stipe

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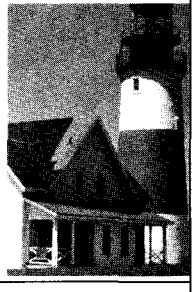

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Straddling the Tennessee-North Carolina border, the Great Smoky Mountains National Park comprises the largest wilderness area in the eastern United States, encompassing more than half a million acres.

Although more than 9 million visitors a year flock to the Smokies—more than to any other national park in the country—quiet corners still exist among its broadleaf and conifer forests, trout-rich streams, and 6,000-foot peaks.

Aside from steeping oneself in such abundant natural beauty, visitors to the Smokies also learn about its Appalachian cultural heritage and the way of life of those people who made the mountains their home until the government established the national park in the 1920s.

Park Gateways

The park has four major gateways, each with its own distinct personality. The best-known is Gatlinburg, Tennessee, on the park's northern edge. Here, numerous Appalachian craft stores elbow countless family attractions, such as the Guinness World Records Museum, Ripley's Believe It or Not, and the Elvis Hall of Fame.

Several major discount shopping malls are just down the road in Pigeon Forge, an amusement mecca and the home of Dollywood—a theme park owned by the noted Tennesseean Dolly Parton, a native of the area.

A more peaceful Tennessee gateway is Townsend, just a little farther southwest. It, too, has plenty of motels, restaurants, and craft stores, but except for Tuckaleechee Caverns, none of the commercial amusements. The town is less crowded and more spread out, and the pace is decidedly slower.

Those interested in Indian culture may favor Cherokee, North Carolina, a small town on the park's southeastern edge offering motels, museums of Indian culture, and other amusement-park-style attractions in the midst of the Cherokees' 56,000 acres.

Farther west, Fontana Village is North Carolina's peaceful, sedate gateway, the most remote of all. A resort village just off the Appalachian Trail, Fontana appeals to recreation enthusiasts with hiking, golf, tennis, biking, swimming, boating, water skiing, camping, and fishing (including a well-known fly-fishing school).

The Slidewinder at Dollywood is a dream come true from Dolly Parton's childhood.

Park Drives

Newfound Gap Road: a 32-mile road crossing the park from Gatlinburg to Cherokee. The forests along this route range from southern cove hardwood and pine-oak to northern hardwood, heath bald, and spruce-fir, roughly the climatic equivalent of driving from Georgia to Canada.

Clingmans Dome Road: a seven-mile spur off Newfound Gap Road that follows the crest of the mountains. When the weather is clear, the views are among the best in the park, especially from the observation tower (a steep half-mile walk from the road's end). At 6,642 feet in elevation, Clingmans Dome is the highest peak in the Smokies.

Little River Road: a twisting, windy

Gatlinburg's working artsy-craftsy community is the South's largest, 70 strong.

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ribbon of road that meanders along its namesake as it connects the Townsend entrance with Sugarlands Visitor Center at the Gatlinburg entrance.

Cades Cove Loop Road: nearest to Townsend, an 11-mile loop with more historic structures than any other area in the park. A self-guiding auto-tour booklet available at the entrance explains the significance of the barns, churches, homesteads, and working mill that visitors are free to explore. Wildlife is especially abundant in this area.

Cherokee Orchard Road and the Roaring Fork Motor Nature Trail: a short loop from Gatlinburg that passes still more historic structures (also with a self-guiding booklet).

Park Activities

Walks and hikes: Although the Smokies has many formidable hiking trails (such as those climbing Mt. LeConte as well as a section of the Appalachian Trail), the park is also full of short and easy strolls.

Quiet walkways and self-guiding nature trails with educational pamphlets are sprinkled through the park. The longest is five miles round-trip, but most are one mile or less. Some pass the remains of homesteads, while others are mere jaunts into the woods. Benches are often placed along the walkways.

A handful of longer trails lead to scenic waterfalls: the five-mile round-trip trail to Abrams Falls from Cades Cove and the three-mile trail to Grotto Falls (where you can walk behind the falls for a new perspective) from the Roaring Fork Motor Nature Trail.

Nature programs: Various naturalist-conducted walks lasting from an hour or two to a full day are scheduled throughout the spring, summer, and fall. Special events, such as the annual Spring Wildflower Pilgrimage, offer a more concentrated schedule of programs and organized hikes.

History/Culture: This was the first national park established from private lands and funds, and more than 70 structures in use when the land was acquired (some dating from 1840) have been preserved and opened for exploring.

In warmer weather, the Appalachian way of life comes alive through demonstrations of the production of molasses and apple cider, traditional mountain music, blacksmithing, basket making, and storytelling.

Other park activities: Fishing, biking (best along Cades Cove, closed to cars until 10 on summer Saturday mornings), and horseback riding (from any of five stables) are still other options.

If You Go

By car: The Smokies are ringed by I-40 to the north, I-75 to the west, I-40 and I-26 to the east, and I-85 to the south. Cherokee is at the junction of Route 19 and Route 441; Fontana Village is on Route 28; Townsend is on Route 321 (off Route 129); and Gatlinburg is on Route 441.

By air: Fly into Knoxville, Tennessee, or Asheville, North Carolina.

Lodging: Rates range from $40 a night to well over $100 for hotels, motels, and cabins in the gateway areas. Reservations are recommended. Campsites are available both in the park and outside its boundaries. Also inside the park are the rustic Wonderland Hotel and the even more rustic LeConte Lodge (accessible only by trail); reservations well in advance are required.

Food: no food is sold inside the park, but all gateway cities have plenty of reasonably priced restaurants, fast-food outlets, and grocery stores.

Climate: Summers are warm and humid with frequent showers, and winters are moderately cold with occasional snow. Late spring and early fall are prime seasons.

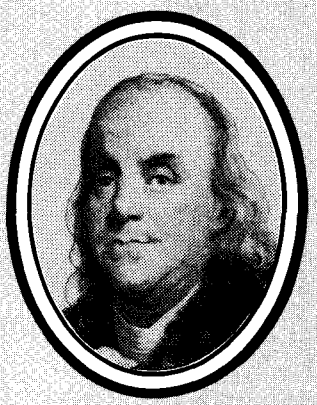
For More Information:

- On the park, write Superintendent, Great Smoky Mountains National Park, Gatlinburg, TN 37738; or call 615-436-1200.
- On Gatlinburg, write the local Chamber of Commerce at P.O. Box 527, Gatlinburg, TN 37738; or call 1-800-822-1998.
- On Townsend, write the local Chamber of Commerce at P.O. Box 66, Townsend, TN 37882; or call 615-448-6651.
- On Cherokee, write Cherokee Tribal Travel and Promotion, P.O. Box 460, Cherokee, NC 28719; or call 704-497-9195 (out-of-state from April through October, call 1-800-438-1601).
- On Fontana Village, write Peppertree Fontana Village, Fontana Dam, NC 28733; or call 1-704-498-2211.

—Katy Koontz

Another Great Discovery

While Benjamin Franklin was Ambassador to France in the 1780s, he agreed with a young physician from Leipzig, Samuel Hahnemann, that medicine should do no harm. Hahnemann became the Father of Modern Medicine and the Founder of Homoeopathy.



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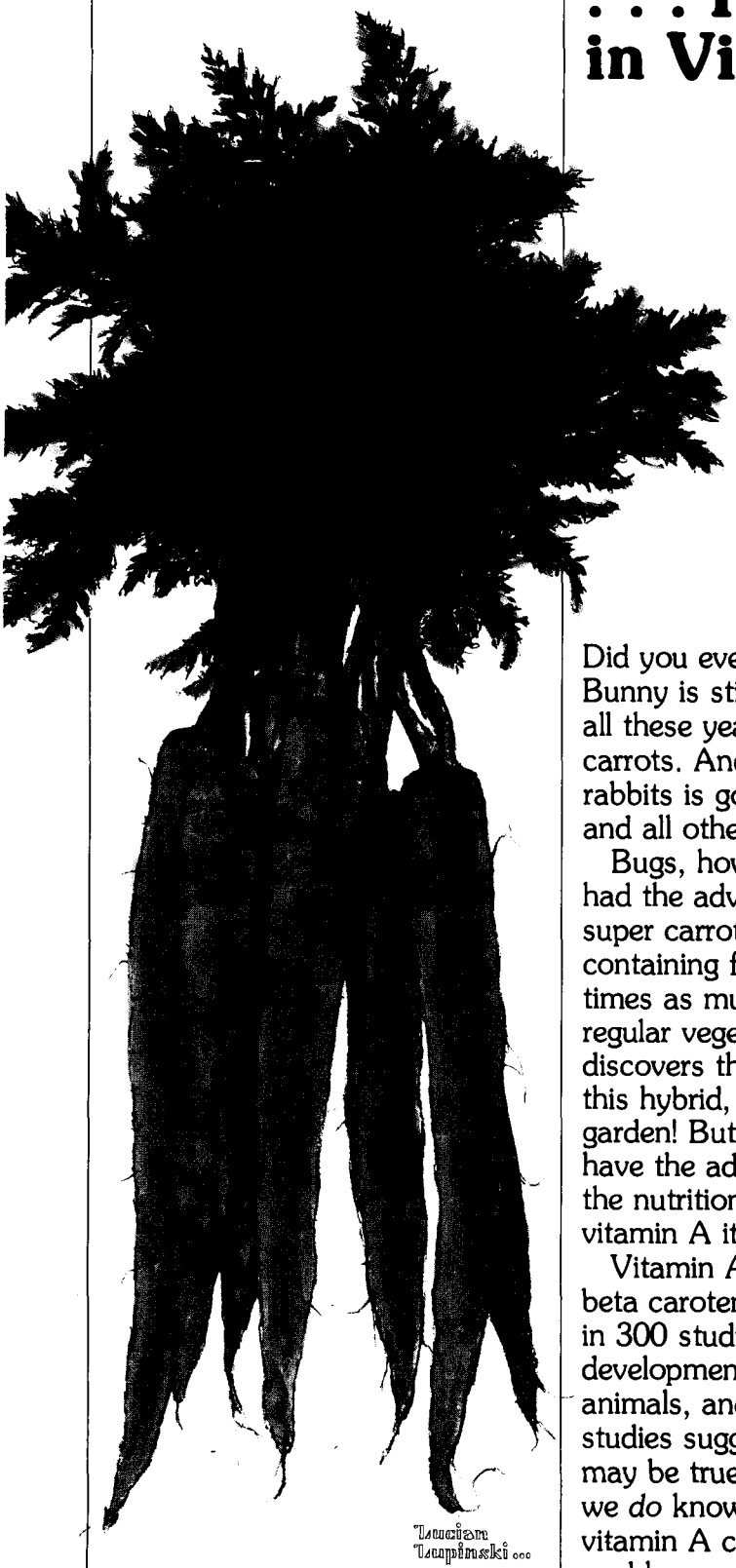

Did you ever wonder why Bugs Bunny is still going strong after all these years? Could be the carrots. And what is good for rabbits is good for Babbitts and all other humans.

Bugs, however, has never had the advantage of the new super carrot—a carrot containing from three to five times as much carotene as the regular vegetable. Once he discovers the better taste of this hybrid, there goes the old garden! But until then, you will have the advantage of enjoying the nutrition from the extra vitamin A it adds to the diet.

Vitamin A and its precursor, beta carotene, have been found in 300 studies to inhibit the development of cancer in animals, and some of the studies suggest that the same may be true for humans. This we *do* know: a deficiency of vitamin A can cause eye problems and a whole list of other diseases.

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Although we do not want to add to your worries, what about the family—are you sure they are getting enough vitamin A? To relieve any fears, we would like to send you a packet of seeds for these super-carotene carrots. In return, we are asking you to send a contribution to The Saturday Evening Post Society. A contribution in any amount will help keep our health-mobiles rolling and our sleeves rolled up in our fight against the many diseases invading too many otherwise happy, comfortable lifestyles.

Your Society continues on the cutting edge of the latest developments in defeating heart disease, cancer, and emphysema. Even as your super carrot seed will produce extra vitamin A for you and your family, be assured that your contribution will be planted wisely and will grow into a happy harvest of healthful benefits.

So . . . we are putting our record of preventive medicine on the line and asking for a contribution to help us continue. Then prepare to begin eating carrots with a superabundance of vital vitamin A. You'll feel good on both counts.

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Marinated Carrots

(Makes 8 servings)

1 can tomato soup
1½ teaspoons hot Tabasco
¼ cup canola oil
½ cup honey
¾ cup apple-cider vinegar
1 teaspoon dry mustard or prepared mustard
2 pounds cooked carrots (do not overcook)
1 medium bell pepper, sliced or slivered raw
1 medium onion, sliced

Whip all marinade ingredients well. Drop pepper and onion slices into marinade. Pour marinade over drained, slightly cooked, sliced carrots. Place in refrigerator. Chill for 8-12 hours before serving. Will keep up to three weeks in refrigerator (if you can keep them that long).

Carrots and Snow Peas

(Makes 4 servings)

½ pound snow peas
2 large fresh carrots
2 tablespoons sesame oil
Salt substitute or vegetable seasoning, if desired
Freshly ground black pepper

Trim peas. Peel carrots, cut into 2½" lengths, and julienne by hand or in food processor.

Bring pan of water to full boil. Throw in peas and count to ten. Retrieve peas with slotted spoon and transfer to bowl of ice water.

Add julienne carrots to same pan, and when water returns to boil, cook 1-2 minutes. Transfer to another bowl of ice water. Drain both vegetables well. (This can be done in advance.)

Just before serving, heat oil in a large skillet or wok. Add vegetables and cook, tossing frequently for 2 minutes or until heated through. Season and serve in heated vegetable dish.

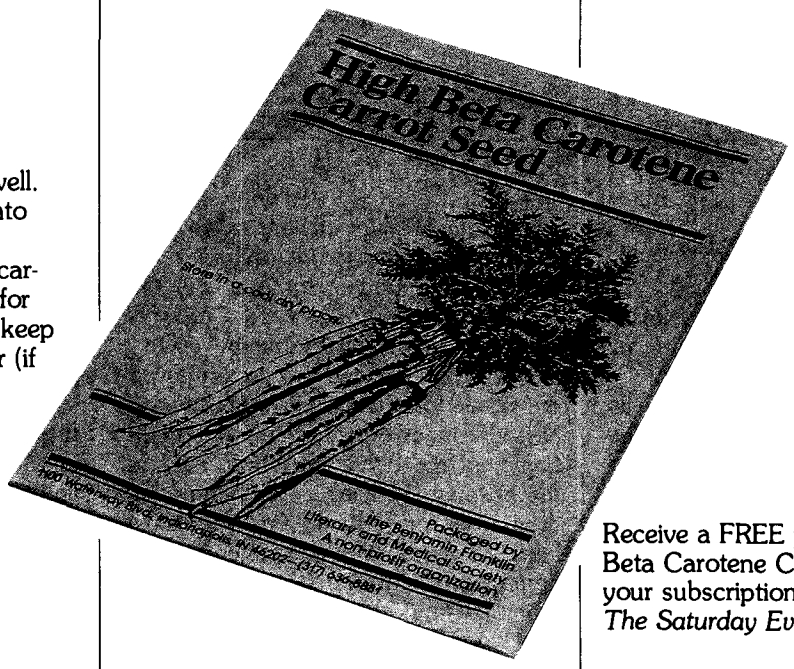
For a healthy snack try a glass of carrot juice.

Carrot Soup

(Makes 6 servings)

1 small onion
2 small shallots
1 bay leaf
2 tablespoons olive oil
1 pound peeled and roughly chopped carrots
4-6 cups chicken stock
Ground pepper
¼ teaspoon thyme
Grated orange peel
Parsley

Sweat chopped onions and shallots with bay leaf and olive oil in heavy lidded pan over low heat. Add carrots, chicken stock, pepper, and thyme; bring to boil and cook until tender. Purée in blender. Add more chicken stock if needed. Flavor with orange peel and garnish with parsley. May be served hot or cold.



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The Last Autopsy

continued from page 51

illustrate my case, I began to explain to the lawyers the strange anatomy of Roberta Hansen's disease.

"Roberta Hansen," I began, "was killed by a biological bullet to the brain. I will explain the nature of that bullet, and then I will tell you who, in all probability, caused it to be fired."

I pointed to the first important clue —the bacteriological study of the brain abscess. I reminded them of the seven organisms discovered there and explained why at least five of them, the normal inhabitants of the intestinal tract, had no business being inside the skull in the first place. Most intracranial abscesses are caused by one organism, sometimes two. Seven was almost unheard of—and five of the seven belonged in the gut! Bacteria coming all the way from the remote, unsanitary bowel had been responsible for Roberta's roaring infection. The fecal matter smelled by Dr. Hopkins was further proof of their presence in the brain. So how did they get there?

"The biological bullet," I said, "was a parasite, gentlemen—a parasite called *Ascaris lumbricoides*, the common roundworm." I looked around the small, impromptu courtroom, and I counted eight pairs of knitted brows.

I explained that *A. lumbricoides* had been vastly underestimated by the medical experts in this case. This was despite the fact that the record clearly showed the parasite in proximity to the scene of the crime. Roberta had passed roundworms several times—at home, in the outpatient clinic, and in the hospital. Indeed, an antihelminthic drug was prescribed. For the most part, however, the phenomenon was considered unrelated to Roberta's more baffling, more serious symptoms. The worm got lost in the shuffle. A lot of kids have worms—no big deal.

This reaction was not at all unreasonable. In the vast majority of cases involving humans, the roundworm is a fairly benign character. The patient becomes infected by swallowing eggs that have been deposited via another person's feces, usually in the soil (and raw vegetables, especially lettuce, are not rare vehicles for transmitting the infection). Once inside the stomach gastric juices obligingly burn away the eggs' tough protective coating and then gently shunt the little bundles along to the duodenum, where the larvae hatch and begin their bizarre trek to adulthood. Burrowing into the blood vessels lining the gut, they hitch a short, turbulent ride to the liver, where they stop long enough to gorge themselves on blood before tunneling on into the air sacs of the lungs.

Three weeks after entering the host, the worms, now in exuberant adolescence, are really ready to show their stuff. Shinnying up the major lung tubes, the bronchi, they slither past the larynx, reach the tip of the epiglottis, and then, using it as a kind of high-dive platform, plunge back into the digestive tract. Six weeks after arrival, the worms, now young adults, are back where they started and ready to get down to the serious business of reproduction. The average mature female is astonishingly prolific, producing nearly 200,000 eggs daily for five to seven years—or approximately a *half billion* potential parasites! Just what inspires the worms, which will eventually grow to lengths up to [illegible] inches, to undertake their existential journey in the first place only to return to biological square one in the gut remains a mystery. Happily enough, most human victims remain oblivious to the parasites' comings and goings and, aside from a mild, flulike pneumonia caused by the larvae passing through the lungs, the worms do little actual harm.

"There is one important exception," I said, as I looked around the room

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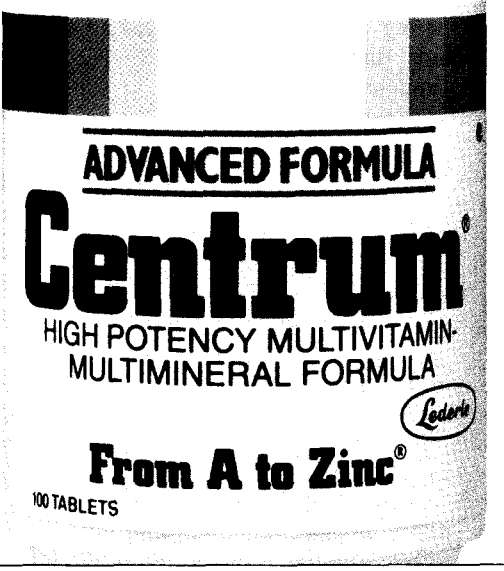

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once again to find the lawyers reacting queasily to the mental images produced by my rather graphic explanation. "Sometimes the questing larvae make a wrong turn," I said. "Instead of completing the circuit via the lungs and arriving back where they started—in the gut—they lose their way and wind up in exile in some remote organ, even the brain, *carrying many harmful bacteria from the bowel with them* as they go. The host organ reacts by forming first an abscess and then a cyst around the invaders.

"The specific symptoms these lost patrols of parasites produce, which can be very serious in nature, depend on where they get trapped. The boil formed around them is usually in a silent area of the body where it gets walled off and absorbed. Occasionally, however, the immune system fails to fight off the infection, and the boil, instead of shrinking, gets bigger and bigger. The brain is a particularly poor resister.

"In the case of the child in question," I continued, "one or more of these maverick larvae entered her brain, carrying piggyback a collection of lethally infective organisms from the intestinal tract. So you see, gentlemen, Roberta did not succumb to complications arising from an ear infection that was overlooked by her doctors. The source of the abscess is clear. Roberta died of a tropical disease in northern Michigan."

One of the Hansens' lawyers stood up. Forgetting the video camera and the fact that, technically, the floor still belonged to Hammond, the lawyer blurted out, "But what about the cousin? You said the cousin was guilty of manslaughter."

I must confess to having made that statement mainly as a ploy to get everyone's attention. O.K., it was a shallow ruse—but it *had* worked. Furthermore, it pointed to a possible explanation for what was perhaps the most baffling question of all: How had Roberta Hansen acquired a tropical disease in chilly northern Michigan?

I explained: "Roundworms do exist in Michigan, even in northern Michigan, although the disease is much more common in the South. Many, many schoolchildren in Mississippi and Georgia become infected with roundworms. The incidence of the disease in Michigan, on the other hand, is very low. So it is quite likely that, in this particular case, the source of infection was of a long-distance nature. Had Roberta ever traveled outside Michigan? No. Then the disease must have come to her. But how?

"We know that Roberta must have become infected sometime in May of 1981, since it would have taken that long for the roundworm wriggler to hatch, work its way to the brain, and produce the symptoms of severe infection the patient exhibited when she appeared at the emergency room of Lee Memorial in early August. The rest of my answer is to be found in the pretrial testimony of Brenda Hansen, Roberta's mother.

"Mrs. Hansen reported," I went on, "that, in the fall of 1980, her sister arrived on a visit from her home in North Carolina. She was accompanied by her three-year-old son, Roberta's cousin, who had a history of roundworm infection. For a period of several days, the children played in a sandbox in the Hansen backyard before the visitors returned to the warmer—semitropical—Southern climate.

I paused for a moment before presenting my final theme. The Hansen men had lost their earlier shine and sat there looking a little crestfallen.

"We can never be entirely sure," I said, "but my guess is that Roberta's cousin, in the informal toilet habits young children often display, deposited the eggs in the backyard during one of the play sessions. The child went back to North Carolina with his

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mother, but the eggs stayed behind.

"The eggs are tough. They have a hard coating that allows them to withstand vast swings in temperature—even a Michigan winter. So there the eggs remained, buried in the sand, buried under several feet of snow. Come spring, Roberta was allowed out into the yard to play in the sandbox. The eggs were lying in wait. They stuck to her hands, the hands went into her mouth, and she managed to infect herself. Her cousin was the accomplice——."

"Are you saying, Dr. Kean," Hammond interrupted, "that, no matter what might have been done for the child, she would have died?"

"That's precisely it," I replied. "Up against that agglomeration of organisms, no antibiotic regimen could have been successful. The child was biologically doomed before she set foot in the first emergency room or was examined by a single doctor. Unfortunately, the result would have been the same in any institution around the world, New York, Nairobi, or Kalamazoo. She was killed by a roundworm—not by a doctor."

The Hansens' attorneys were beaten men. When Hammond offered them a chance to go at me, they simply said, "No questions." They seemed eager to return to Grand Rapids. The following day, Hammond wrote later, the Hansens agreed to drop their suit. Their lawyers, who had turned down repeated offers to settle out of court, were now willing to talk. A deal was eventually struck under which the hospitals helped defray the Hansens' medical bills. In return, the doctors were cleared of all charges.

I was happy at the outcome but couldn't help feeling a twinge of sadness too. As autopsies go, I knew the Hansen case would be a very hard act to follow. It had taken a lifetime of experience as a clinician, pathologist, and parasitologist to produce a satisfactory answer to a unique problem. I'd also been very lucky in stumbling across the right clues. So I vowed to myself to make this the last "autopsy" of my 50 years in medicine. That's the good thing about your average clinical patho-parasitologist—he usually knows enough to quit when he is ahead.

Cholesterol

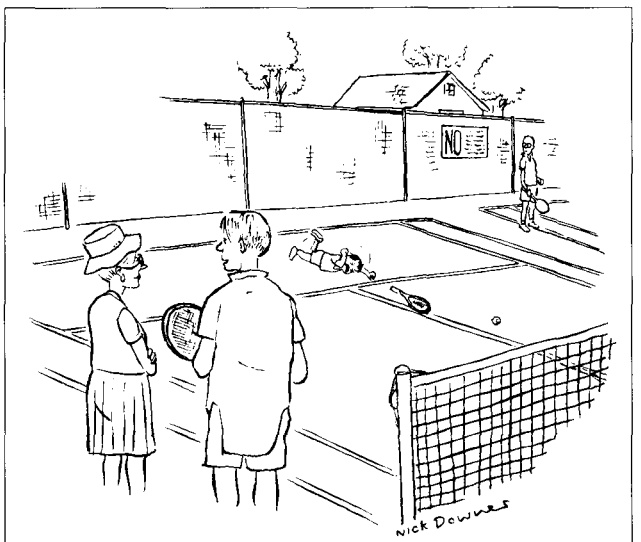
continued from page 40

In separate bowl, beat egg whites until fluffy. Set aside. In third bowl, combine buttermilk, skim milk, oil, and vanilla; fold in egg whites. Add to dry ingredients; stir just to combine. Let batter stand about 10 minutes. Bake on hot, lightly oiled griddle.

Cajun-Style Red Beans with Brown Rice

(Makes 8 servings)

1 pound dried pinto beans
2 cups chopped yellow onion
1 cup chopped green onion



"He has the makings of a champion, Mrs. Simpson."

1 cup chopped green pepper
1 clove garlic, finely chopped
1/4 teaspoon red cayenne pepper
1 1/4 teaspoons black pepper
1/2 teaspoon salt
1/4 teaspoon oregano
1/4 teaspoon garlic powder
1 tablespoon Worcestershire sauce
3 dashes Tabasco
6 ounces tomato paste (may use low-sodium)
1/4 teaspoon thyme
1 teaspoon celery flakes
1 pound turkey ham, cut into bite-size chunks
6 cups brown rice, cooked according to package directions

Rinse beans and soak 12 hours. Drain water. Fill stockpot with water 1/2" above beans. Add remaining ingredients except turkey ham and brown rice. Cook over low heat 1 hour, covered. Add ham and cook, uncovered, an additional 1-1 1/2 hours. Serve over cooked brown rice.

Easy Meat Sauce

(Makes 6 servings)

1/2 pound (8 ounces) lean ground beef
1/2 pound (8 ounces) lean ground turkey
32 ounces (2 16-oz. cans) prepared spaghetti sauce
1 cup water
2 tablespoons Italian blend herb seasonings

Heat skillet on stove 3-5 minutes. When hot, add ground beef and turkey, and brown. Drain off fat. Add spaghetti sauce, water, and seasonings. Simmer 30-45 minutes.

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And How!

continued from page 57

does undertake some of her brainstorms all by herself—for example, installing the homemade bird feeder, made at home by John, my brother-in-law. Why he gave it to us, I don't know. I never did anything to him.

But not to worry. My dear wife would paint the bird feeder, nail it to a two-by-four, and anchor the two-by-four in the ground just off the patio. And she actually did paint it. All well and good. Except she used my best paintbrush, which I later found stuck in a Jiffy peanut jar from which the turpentine had evaporated. The brush is now good for nothing but pounding the meat for Swiss steak.

And she did come up from the barn dragging a ten-foot two-by-four all by herself. (What it had been supporting there I'll know soon enough.) After making sure she had my full attention, she began digging a hole with that little scoop she likes to use for potting geraniums.

I calculated that unless she buried at least six feet of the two-by-four (which at the rate she was going wouldn't be covered until the birds in our area had become extinct), we would have to use a stepladder to put in the seeds. So I—as I'm sure she

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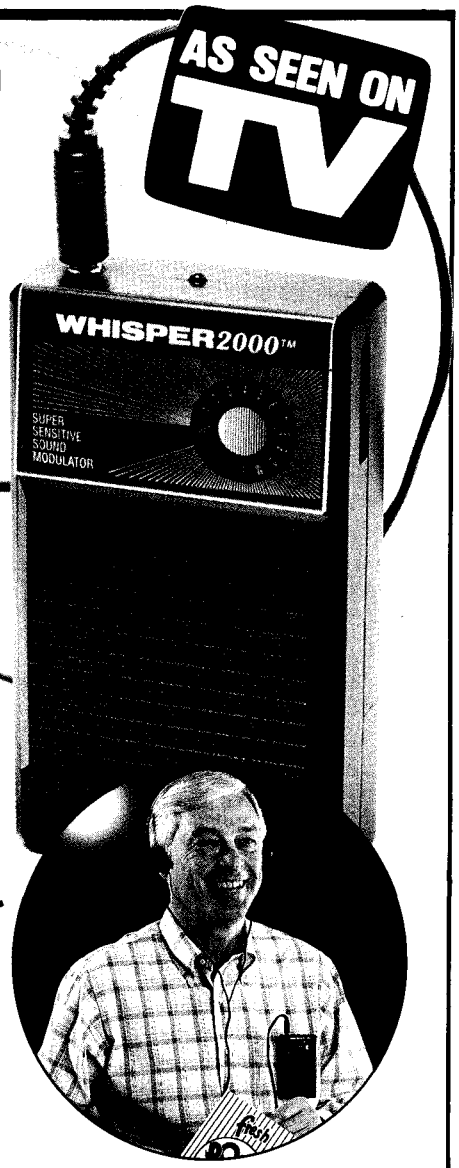

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had calculated—took over. Sawed four feet off the two-by-four, located the posthole diggers, dug through two feet of elm-tree roots and sandstone, dropped in the two-by-four, nailed on the bird feeder, and staggered into the house. She was at her sewing machine. She hummed happily as she hemmed another drape.

I am now preparing a manuscript to be titled "Fiddler on the Roof." I have fiddled away more time on the roof of this termite tabernacle than I have on the couch. In the Indianapolis apartment we occupied while this woman was formulating plans for another attack on rural America, I had only to call Maintenance if the roof leaked. Here, I *am* Maintenance. And I am on duty 24 or more hours a day.

The tar I have already spread on the roof would easily resurface our driveway. How the roof can support it is a miracle. I quit adding to it the day the temp hit 94. Tar began dripping off the roof onto her four-o'clocks, and she became a bit testy because their blooming hours went from Eastern Standard to Mountain time.

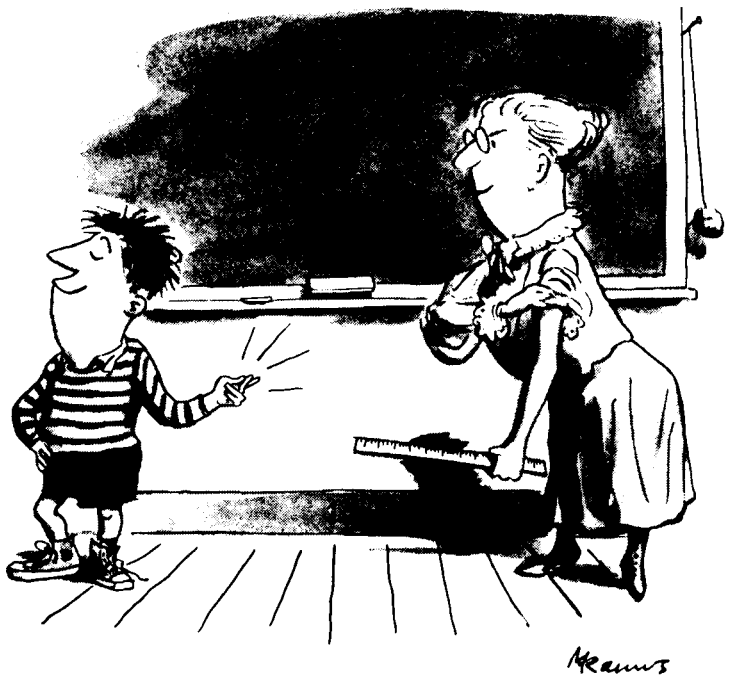
My final day on the roof, I stood so long in one place that, upon being called for lunch, I discovered that my shoes were stuck. Not keen about coming out of them and walking across a sea of hot tar in my socks, I had my lunch brought up the ladder and served to me on a broom. From the gawking of the neighbors driving past, you'd have thought they had never seen anyone eating lunch from a broom on the roof of his house.

I had to wait until after sunset for the tar to cool to the point I could walk across in my socks. My shoes are still up there.

Well, if you can't beat 'em, join 'em, as the saying goes. So instead of trying to keep the water out, I did the next best thing—I dealt with it after it came in. I'm talking about suspending a gutter from the kitchen ceiling beneath the most copious drips and running the downspout into the sink. It was a bailing-wire-mechanic's masterpiece, if you overlook losing all that sink space plus the view through the kitchen window. But it worked beautifully.

Yet how true it is: you can't please some of the people any of the time. And because of one such people, our waterbed stayed frozen cold until the "contraption," as it was so rudely labeled, had been dismantled.

Will you take this man, indeed!



You be the Judge

by José Schorr

Junior, a nine-year-old terror, defied teachers until his school was in an uproar. After all, he shouted, what could they do about it? He found out when an old-fashioned teacher doubled him over her knee and gave him a half-dozen hard spanks. Smarting, Junior fled home. His parents sued the teacher.

"Some children can't be taught without an occasional well-meant spanking," the teacher said. "If you won't discipline your child, his teacher must. The spanking I gave him didn't even break the skin."

"That kind of discipline went out years ago," counsel for Junior retorted. "Children are people, and anyone who hits them is just as liable as if he or she hits an adult."

If you were the judge, would you make the teacher pay damages?

The teacher did not have to pay. The court ruled that teachers, standing *in loco parentis*, or in place of the parents during school hours, may mete out "moderate correction" as long as it is not done with malice and does not inflict permanent injury.

(Based upon a 1954 Alabama decision.)

Purple Moccasin

continued from page 67

plants, he marveled at how my pap had ridden all the way from Arkansas to find me.

"Arkansas!" cried out Uncle Andrew, and I had to hang my head then. "Why, this boy ain't more than 14 mile from home this minute. He was born right here in Barbary County, and we all live on Rosy Ridge, and we'd admire to have you come a-visiting us." Uncle Andrew put his hands down and played with Flora Katherine's hair, though I was annoyed with him for doing so.

But Doctor Sickles made another wonderful speech in which he talked about the pigeons and the lordly bison, and the flora which had been despoiled. He said that he had right smart of journeying to do this season, and many more flowers to stow away in his wagon, and that there might be wondrous things as pleasurable to find as a purple moccasin.

So now the time was come when I must say good-bye to the purple moccasin and Doctor Sickles and, most of all, Flora Katherine. I sort of mumbled around; then, quick, I thought how I'd like to kiss her. And I did it, too, before my pap took me up on his horse to ride home through the night.

The Wisdom

continued from page 61

science. These experiments, of which the famous one with kite and key was the best known but not the most important, were a notable contribution to knowledge. Franklin was responsible for the concept of positive and negative electricity; he made the first electric battery and armature. He would have liked

continued on page 106

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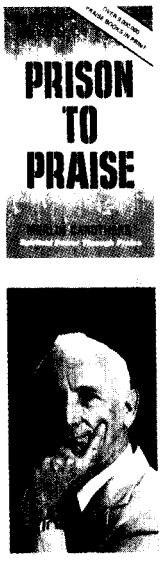
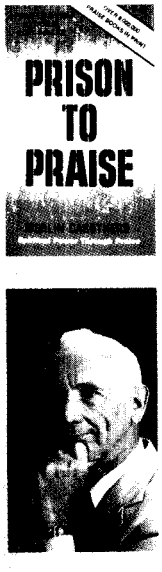

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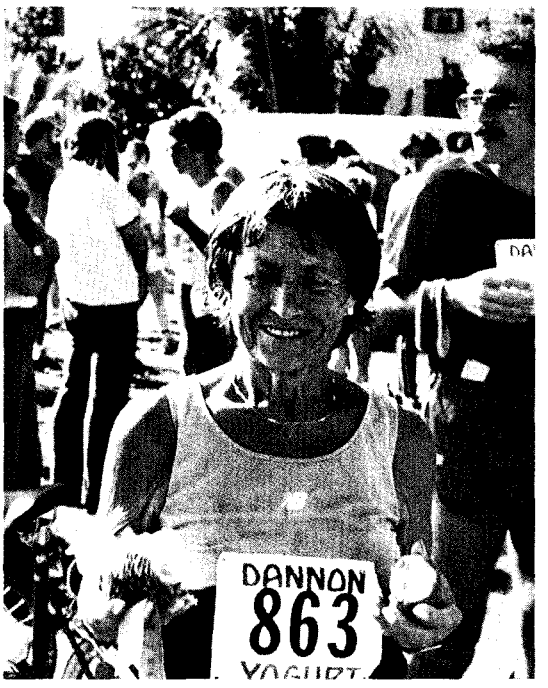

OUTPACING FATHER TIME

Age is merely a number to 88-year-old marathon runner Ruth Rothfarb.

by Holly G. Miller

Ruth Rothfarb has been racing against time since 1973. So far, it's been no contest. Now in training for this month's Boston Marathon, she seems to have beaten the clock. In June, she'll celebrate her 89th birthday.

"Oh, I have the usual aches and pains," she admits, "but I've learned to overcome them. Whenever I get achy, I go out and run as fast as I can. If I stand still, my arthritis will get me. I'd be crippled if I didn't run. It makes me feel good, and my mind works better, too."

She describes herself as "a wee bit under five feet," which translates to 4' 10½" in tube socks. Her weight, an agile 100 pounds, is down from the 157 of her pre-running days. She credits her trim physique to her exercise regimen plus a low-fat diet. She eats little meat and no butter, and she prefers a training table fare of fruit, veggies, fish, chicken, whole-grain cereals, and breads.

"I changed my diet entirely when I started running," she says. "I don't feel right out there if I gain weight. I've got to keep moving. I do a lot of stretching exercises, some aerobics, and of course, I put in my usual eight to ten miles of walking and running every day."

She started running at age 72, inspired by her son Herb, who will join her in this year's Boston race. Eight years later, in 1981, she entered her first marathon, in Ottawa, Canada, and completed all 26 miles and 385 yards of it. Just to prove the feat was no fluke, she's added nine more since then.

Along the way, Ruth has collected an enviable assortment of hardware and honors. She has won the Kendall Women's Classic and the Los Angeles Senior Olympics and placed fourth in the World Veteran's Games, and once she ran two 10,000-meter races on the same day—one in the morning and the other in the afternoon.

What has been her favorite event? "The Bangkok Royal Marathon has been the highlight of my running so far," she says, not ruling out future travel. "I've run in Canada, New Zealand, and all over the United States, but the three weeks in Thailand were the best. I had two chaperons who took me around; I even got to meet the princess."

She made her trek to Bangkok at the request of the government in honor of the king's 60th birthday. Ruth was touted as an example to the Thai people, who rarely live beyond age 65. Unfortunately, race day for the Royal Marathon was hot, and she failed to shave any seconds off her best time of 5:28:33. Perhaps she had peaked, she reasons. After all, "you lose a lot of speed between age 80 and 86," she says.

Vanity has never been Ruth's problem, and she has little patience with older women who won't bare their muscles in the name of exercise. Hardly a proponent of expensive running gear, she first competed in Bermuda shorts and tired tennis shoes. She has since moved up to sweats, tank tops, shorts, and a variety of running shoes. The important thing is not how you look when you run, but how you feel when you're done, she stresses. She splits her daily workout into two segments: her morning begins with a six-mile jog, and her evening ends with a four-mile walk.

"I like all the activity and I love being with people," she says. "I've always been an outdoor person, and I've been walking long distances all my life. When my husband would take the car, I'd do my errands on foot instead of riding the bus. Running was the logical next step."

She plans to compete as long as her body allows, and for now, retirement seems to be miles down the road. Medals aside, this marathoner has mettle.

"And I've got good feet," she concedes. "Knees, too."

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MEDICAL MAILBOX

by Cory SerVaas M.D.

"The Chinese do not draw any distinction between food and medicine."—*Lin Yutang [1895-1976]*

Checkup

My doctor doesn't seem aware,
when he inspects my lumps and curves,
That in this pre-cadaver state exists
a bunch of . . . WATCH IT . . .
nerves.

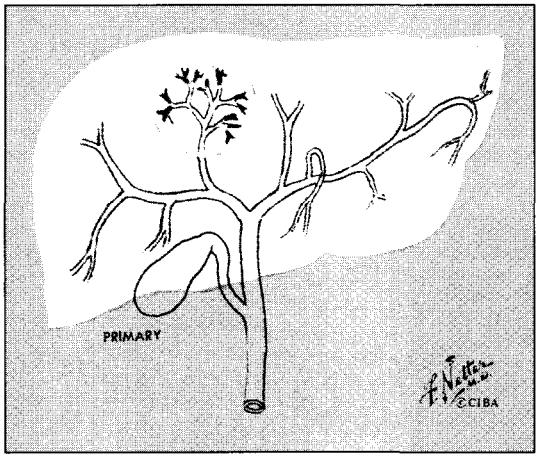
—*Eva Harding*

PBC—The Liver Problem

Dear Dr. SerVaas:

I recently read the *SatEvePost*, belonging to a friend. I am very anxious to learn all I can about a rare liver disease; namely, primary biliary cirrhosis. My daughter has this disease. I understand there is no cure, and no knowledge of how it is acquired. I would appreciate any and all honest information you can give me. I am prepared to hear any information, even the worst. Can you tell me if any research is being done to find any positive results as to a cure?

Cherie J. Allen
Kissimmee, Florida



Primary biliary cirrhosis (PBC) destroys the small and medium bile ducts in the liver. In advanced cases a liver transplant may be necessary.

I have just spoken with two mothers who would be happy to share their experiences with you. We called Charlotte Harkness, a young mother of two, whose primary biliary cirrhosis (PBC) had developed to the point that she required a liver transplant at the Mayo Clinic in 1985. Today she is a happy mother able to take care of her children and play golf. She is so thankful that she could live to rear her children that she would welcome a call from you or anyone who has a diagnosis of primary biliary cirrhosis. Her number is 317-271-8296.

Charlotte has helped many, one of whom was Mark Davis, a young man with a disease very similar to primary biliary cirrhosis. As you may know, about 90 percent of PBC cases involve women. Mark's disease was its counterpart in men—called sclerosing cholangitis.

We called Mark's mother, Priscilla Davis, because we knew she would also welcome a chance to encourage you about your daughter's PBC. She is grateful for her son's recovery and wants to help others.

"Without Charlotte Harkness' help on the telephone," she told us, "I wouldn't have had the courage to persist in getting a transplant for Mark." She thanked us for the *Post* stories about Charlotte and the need for organ donations.

Mark was a dental student when he suddenly became jaundiced and weak. As his disease progressed he lost 55 pounds, and he was so very tired he no longer cared about life. But his mother never lost faith. She praises the Mayo Clinic's hepatologist, Dr. Russell Wiesner, and the liver-transplant team led by Dr. Ruud Krom. She told me today that Mark is happily married with a thriving dental practice and that he was about to take off for a skiing vacation at Lake Tahoe.

When someone tells you there is no cure for your daughter's disease, don't take it lying down. These mothers found a way. I hope this information brightens your day and that your daughter's case won't get to the point where a transplant is needed. But just in case, it helps to know as much as you can about PBC in general and liver transplants. Such knowledge may offer hope.

The cause of primary biliary cirrhosis is still unknown. It is a chronic destructive inflammatory disease of the intrahepatic (inside the liver) small and medium bile ducts. The injury to the bile ducts is thought to be an abnormal immunological system response. Genetic factors may be important; the disease has been found in mother and daughter, in siblings, and in twins, and the incidence of positive tests for certain associated antibodies in relatives of patients with PBC is higher than average. The high female rate suggests that estrogens or progesterone may be important in the development of PBC.

The disease most often begins insidiously with itching, which can precede jaundice. The liver and the spleen are

"A member of the President's Council on Physical Fitness would like to have a word with you. . . ."

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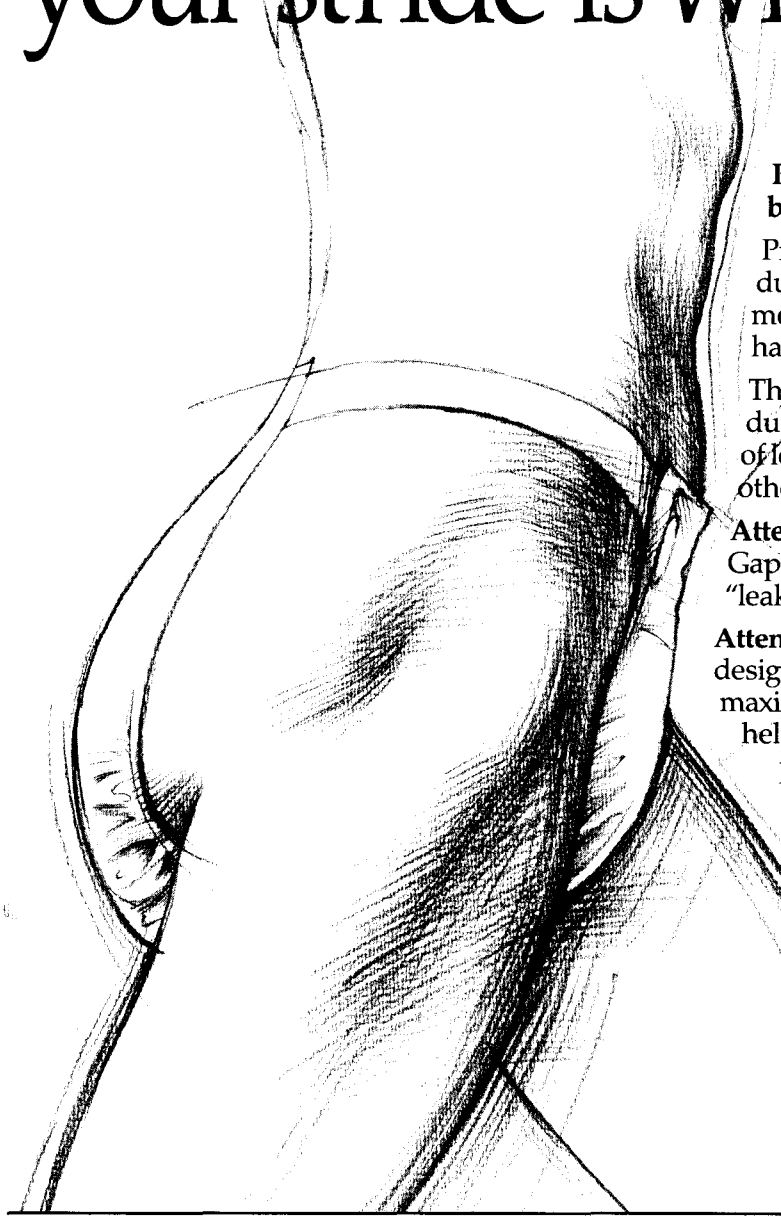

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PROTECTION IN MOTION

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usually enlarged. Yellow spots may occur on the face, and peripheral neuropathy may cause pain in the fingers and toes. Gallstones, which may cause biliary obstruction, are more frequent in those who have PBC.

Patients who have primary biliary cirrhosis with no symptoms have a good prognosis. You didn't mention whether your daughter had developed any symptoms, such as jaundice or abdominal swelling. Her doctor should be notified of any new symptoms should they occur.

We're sending you copies of our articles about Charlotte and Mark. We hope your daughter's story will have a happy ending too. Mark's mother's phone number is 209-665-4419. Her address is 324 Circle Dr., Chowchilla, CA 93610.

High Fiber Preventing Hemorrhoids

Dear Dr. SerVaas:

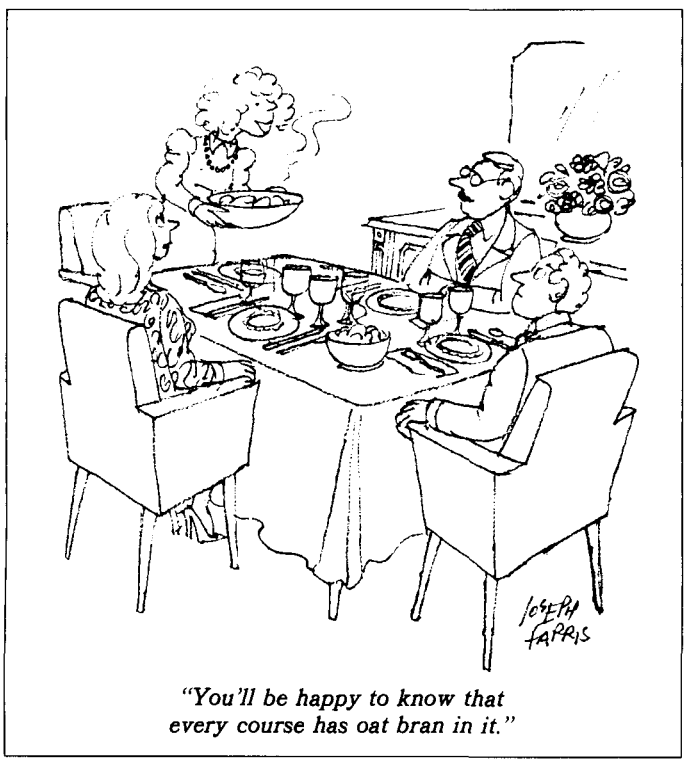
At age 52, I am basically in good health. I had a bad experience while in the hospital—that is, I was afflicted with internal hemorrhoids. However, that was 20 years ago. They don't itch, burn, bleed, or bother me now. The reason is, I have changed my diet and drink lots of water to keep my stools soft and to keep from straining.

This is a twofold question: Since I am a person who is extremely concerned about one's well-being, wouldn't it be prudent for me to stay on this diet or manner of living to maintain health and vigor? Is this an indication that the hemorrhoids have healed?

Hermit Jones
Indianapolis, Indiana

You're absolutely correct to drink plenty of water—this is always a good idea when one increases fiber intake. Keep it up, and we predict your doctor won't find any new hemorrhoid problems when you have your next routine digital rectal exam. And then you should consider yourself healed.

We're glad we started telling our readers in the early 1970s that hemorrhoids might be prevented by adopting a high-fiber diet. When we first met Dr. Denis Burkitt in 1974, he convinced us of the many benefits of fiber. He found almost no hemorrhoids among the native African populations who lived on high-fiber diets. But when these same people began eating our fiber-depleted foods, they could develop as many hemorrhoids as the rest of us. The bottom line is: hemorrhoid complications are common in Western countries and rare in the Third World.



"You'll be happy to know that every course has oat bran in it."

Did low-fiber French cuisine cause Emperor Napoleon's hemorrhoids to defeat him? Croutons, not bullets?

"The previously accepted concept that hemorrhoids are varicosities of the veins of the anal canal, analogous to varicose veins in the leg or in the lower esophagus, is no longer tenable," Dr. Burkitt says.

"We are born with three vascular cushions situated within the anal sphincters having the express purpose of securing a watertight closure," he added, calling attention to "the similar structure and function of the lips, which, when surrounding muscle is contracted, can effectively close the upper end of the alimentary tract. Hemorrhoids," Dr. Burkitt says, "are no more pathological than lips."

Writing for the *American Journal of Gastroenterology*, Dr. Burkitt states: "The first line of treatment should be the provision of a fiber-rich diet to soften the stools, a measure that is highly effective in preventing the development of these complaints.

"The Emperor Napoleon was suffering from hemorrhoids during the battle of Waterloo, and it is interesting to cogitate on whether the outcome of the battle might have been different had he been given bran some time before the conflict, in which case his attention might have been more on the battle and less on his bottom," he says.

Dr. Burkitt is winning his battle for fiber. The man is a joy to know. He is completely modest and unassuming, yet the most persuasive person I know. He has been a one-man band, traversing the globe to get the entire civilized world to change its eating habits. Each victory brings a new chuckle. We both remember when his adversaries were insisting on a *bland diet* for some of the afflictions caused by such a diet in the first place.

The battle isn't over. At this writing I was challenged by an editor who said, "It's O.K. for you to talk about fiber to *prevent* hemorrhoids, but you wouldn't want to eat bran if you already *had* hemorrhoids"—as if the bran would scratch all the way to the exit. Was it Dr. Burkitt who said, "Soft in, hard out; hard in, soft out"?

Dr. Steen Jensen of Denmark did research that supports fiber therapy. Hemorrhoid patients were randomly assigned to rubber band ligation (RBL) alone or rubber band ligation plus ingestion of ten grams of unprocessed bran stirred into a cup of water and quickly swallowed at bedtime and in the morning. Bran ingestion was started after the first visit and continued for 18 months. No patient in either group was

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When you have sensitive skin, ordinary toilet tissues can be painful.

They scratch-rub-they're really horrible.

They're so irritating, even the thought of them hurts.

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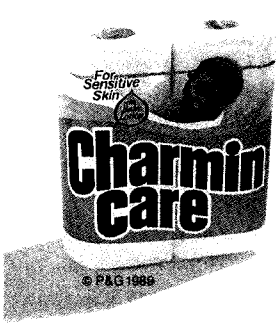

PAIN PREVENTION ON A ROLL.

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allowed to use laxatives. Forty-eight patients were treated with rubber band ligation alone, and 44 with rubber band ligation plus the ten grams of bran twice daily. The decrease in symptoms was significantly greater in the rubber-band-ligation-plus-bran group at six, eight, and ten weeks than in the group with rubber band ligation alone.

In addition, relapse of hemorrhoids was significantly less common in the RBL-plus-bran group than in the patients treated only with RBL. "Furthermore," the author wrote, "the number of bandings necessary for cure of hemorrhoidal symptoms was significantly lower when bran had been added to the treatment, although at the outset the numbers of hemorrhoids did not differ between the groups."

Much Interest in Scleroderma

Dear Dr. SerVaas:

Recently, I was diagnosed as having scleroderma. Is anyone doing research on this disease? Are there any vitamins or special diets that would help?

Any information would be greatly appreciated.

Suzanne Mollez
St. Clair Shores, Michigan

Many researchers have been trying to find the cause of scleroderma, a generalized disorder of connective tissue with thickening and fibrosis of the skin and internal organs, including the gastrointestinal tract, heart, lungs, and kidneys. The initial manifestation of scleroderma is typically Raynaud's phenomenon, eventually present in more than 95 percent of cases. Raynaud's phenomenon is a constriction of small arterioles. The constriction intermittently causes the tips of the fingers and toes to turn deep purplish blue or white when exposed to cold. Normal color is restored by rewarming the hands. Physicians caution that persons with Raynaud's phenomenon should never smoke.

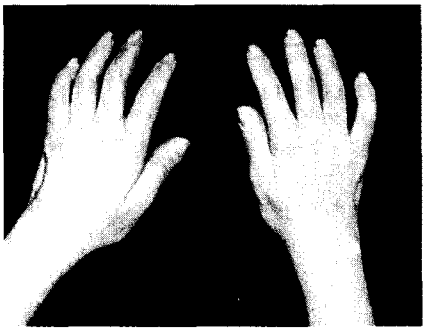
In one study, 97 patients with isolated Raynaud's phenomenon were evaluated. Three of these patients developed scleroderma in a three- to five-year followup.

"You lack character. I'm putting you on a high-moral-fiber diet."

Females have scleroderma six times as frequently as males. There are approximately 700,000 cases in the United States. Physical therapy to keep mobile is important in scleroderma.

Scleroderma After Silicone Implants

Women considering silicone breast implants should know that scleroderma has been associated with the silicone. After researching scleroderma, I've come to think it would be better to put the silicone bags in a padded brassiere.



Scleroderma (connective tissue disorder) has been associated with silicone breast implants and Lyme disease.

In a 1988 issue of *JAMA*, Dr. Harry Spiera reported on five of his private patients who had developed scleroderma after having silicone breast implants.

In a 1989 issue of the *Annals of Internal Medicine*, Dr. J. Varga described four women who developed systemic sclerosis after cosmetic augmentation mammoplasty with silicone-gel implants. The interval between the implantation mammoplasty and the onset of systemic sclerosis ranged from 6 to 15 years. All four patients had Raynaud's phenomenon. Enlargement of the lymph nodes draining the prostheses was noted in two patients. Removal of the prostheses in two cases did not result in improvement of systemic sclerosis. Evidence of silicone leakage from the implants was noted. The authors wrote: "Our demonstration that silicone escapes from elastomer-silicone-gel breast implants and appears to be closely associated with a chronic inflammatory reaction suggests that silicone plays a role in the development of certain cases of systemic sclerosis [sclerosis that has spread to internal organs]."

There is now speculation that localized scleroderma might actually be related to Lyme disease or be spread by the same tick that spreads Lyme disease. And in South Africa, Dr. Robert Cowie reported the incidence of scleroderma was found to be increased in a population of gold miners. All men had been exposed to silica dust. There has been noted a significant increase in the prevalence of tuberculosis in scleroderma patients.

Licking the Tongue Problem

Dear Dr. SerVaas:

I have a very similar problem as the lady with a burning tongue. I got so I can't eat spicy or very tart food. I have been much better since I started rinsing my mouth with milk of magnesia. Be sure it isn't the flavored kind, and just rinse your mouth. I do not use toothpaste; I brush my teeth with baking soda. I also read that vitamin E would help this, so I have started taking one vitamin E capsule a day.

Doctors have not found anything the matter with my tongue either.

I rinse my mouth about three times a day.

Wilma J. Chapman
Taylorsville, North Carolina

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Dear Dr. SerVaas:

This is in regard to the person who had a burning tongue and she thought it was from formaldehyde.

I have the same thing. I get it from anything with acid or red food coloring. My tongue gets raw. The doctor said to take vitamin B. It does relieve it, but I have to be very careful in what I eat. Sometimes there are other things also: ketchup, tomatoes, salad dressings, oranges, grapefruit, tartar sauce. Too many to list. Don't know if this will help her. This might be her problem.

C. Ruble
Monroeville, Indiana

Dear Dr. SerVaas:

Regarding this lady's problem with her tongue. My wife had the same problem years ago and was advised that she needed B complex. They gave her, at that time and for years, B complex shots. She is still on oral B complex and has had no trouble since. Not all B complex seems to work. She uses Squibb's B complex vitamin tablets but has to order them special as they are not always available.

G. Baltzley
Kimberling City, Missouri

Hepatitis C Alert: Delay Elective Surgery

Hepatitis C is spread through the exchange of body fluids in sexual activity and through blood transfusions. It is the most common form of hepatitis spread by transfusions. About 50 percent of those infected with the hepatitis C virus develop chronic hepatitis, marked by jaundice, fatigue, nausea, and potential liver damage, and about 20 percent eventually develop cirrhosis of the liver. The virus has also been linked to an increased risk of liver cancer.

The danger of hepatitis C's being spread is the long incubation period in which persons are infectious but not sick. It isn't like hepatitis A, in which the patient gets quite sick within a couple of days after being infected and goes for treatment. Hepatitis C carriers can have no symptoms.

Dr. Brooks Jackson, the director of Clinical Pathology at University Hospitals of Cleveland, has worked in blood banking for a long time. He told us that one in 100 or one in 200 people has antibodies to the hepatitis C virus. It depends upon what part of the country you're in. The incidence is higher on the coasts than in the Midwest.

He told us, "They've been testing for hepatitis C for over a year now all over Western Europe. The tests are being shipped to Canada, Australia, and Japan, but the FDA still hasn't licensed it here and it's very serious. One in 200 donors is infected. It's going to be a real surprise to a lot of people, I think. And it's a bad disease," Dr. Jackson said.

"Many people are currently calling for postponement of all elective surgery until the test is available, and putting pressure on the FDA. It's a big controversy right now."

"Since you have a test, why can't the labs go ahead and test their blood donors for it anyway?" we asked.

"You see, it [the manufactured test] isn't licensed for blood-bank testing," Dr. Jackson said. "So the companies won't sell it to you for that. Also, we have another problem. If we get our blood from the Red Cross and the Red Cross isn't testing and we go ahead and test it, and come up with positive blood, part of the problem is we haven't gotten the informed consent of the donors to test them for hepatitis,

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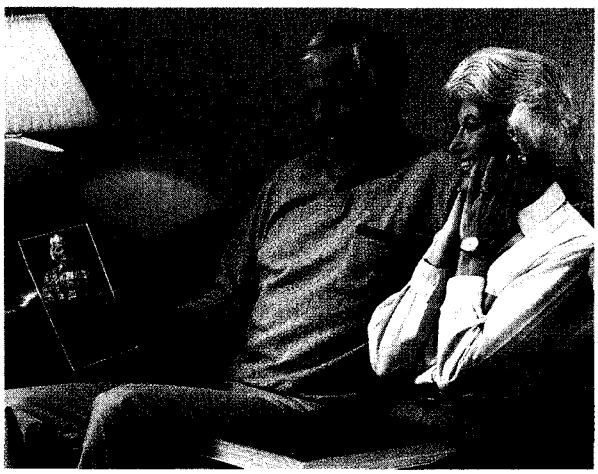

Phyllis Robinson is all too familiar with the infamous "diet rollercoaster."

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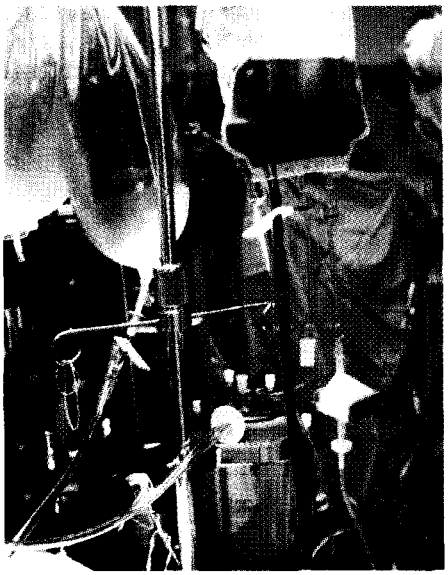
because they're not our donors.

"Then we can't test *our* donors but not [also test] the blood from other sources and give some of our patients tested blood and some of them untested blood. So it gets to be real sticky. There is always the concern about getting into a lawsuit.



What potentially fatal illness are you most likely to get from a blood transfusion? It isn't AIDS. It's hepatitis C.

"The Red Cross would be upset if you started testing their donors' blood and then we don't know who the donors are. Say that we've got the red cells and we test it and it's positive. Then we tell the Red Cross that, but they've already given the platelets from the same donor's blood to another hospital and it's already been transfused. And then it gets into all sorts of problems there, because we have told them it's infectious and they've already transfused part of the other unit to somebody else. But these tests have been used in blood banking for screening out hepatitis C for a year practically throughout Europe."

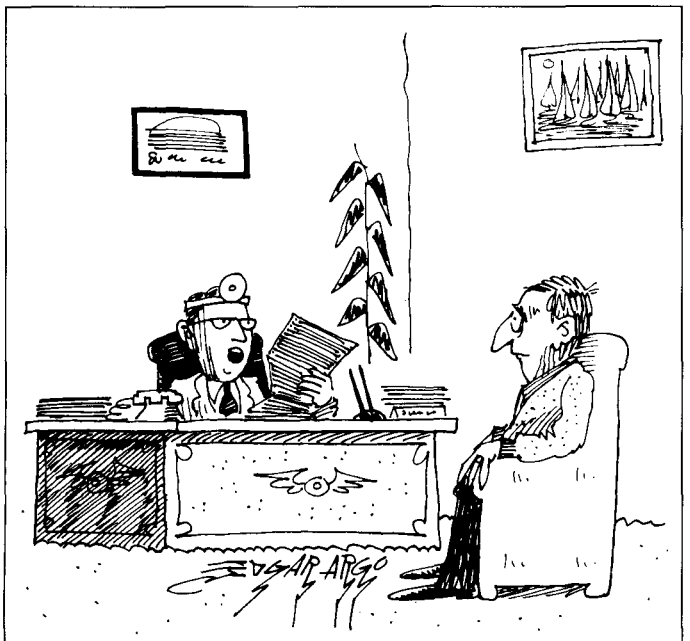
I asked Dr. Jackson whether a person can choose to have blood for a transfusion flown over from Europe where it is tested. He didn't know.

"The risk is one in 200 per unit of getting infected right now," Dr. Jackson said. "If you're going to have five units of blood for open-heart surgery, it multiplies times five. It goes up. Then, typically, you may get ten units of platelets afterwards for open-heart surgery, so that's 12 to 15 exposures—so your risk really does increase."

We asked Dr. Jackson when the ordinary patient begins showing signs of hepatitis C after surgery. He said, "It's symptomatic usually within six months. People may not get sick but develop chronic hepatitis, which can be discovered when liver biopsies are done on them. If they go long enough they'll get cirrhosis or liver cancer, so it's turning out to be much worse than everybody thought. The big controversy now is why won't the FDA license the test, because there are two tests available from Ortho and Abbott Laboratories. Ortho's test is being shipped all over Europe. They've had their test out for over a year now, and Abbott has had theirs since January 1. Chiron Corporation in Emeryville, California, discovered the virus.

"It's a scandal right now. Jay Menitove, who's head of the transfusion-transmitted-disease committee [of the American Association of Blood Banks] has called for postponement of elective surgery until the test is available.

"But a lot of people don't have the option of waiting for surgery. This is sort of like going back to the AIDS thing again [early days of no AIDS testing]. Everyone is just not saying much about it. But everybody knows d- - - well that one out of 200 units is infectious for hepatitis C right now—we know this from the European data [where they are testing], and clinical trials done in this country. They know that that's true in this country. Between one in 200 and one in 100. These are healthy volunteer blood donors—healthy people who denied being in any risk groups or anything!" he concluded.



"Diagnostic computers don't make mistakes, Mr. Bobart. You have *Dutch elm disease."*

MSG Suspected

Re: "Food for Thought"—Evelyn Green's letter in the Feb. '90 issue.

I, too, am a victim of monosodium glutamate, a flavor enhancer, which is absolutely unnecessary on good wholesome foods.

After seeing a great many doctors who didn't know what was causing my sudden blindness in one or both eyes, I took it upon myself to check my food intake by reading labels. I realized that monosodium glutamate was my problem.

There must be many people who are not aware that MSG is troubling them.

Since I would like to buy many foods, but can't because of MSG in them, I have written to food companies, anxious to be heard, and I am hoping they remove this offending ingredient.

Frances [illegible]
Lakehurst, New Jersey

Avoiding Surgery

Anyone facing gallbladder surgery can write to us for addresses of some of the pioneers in the use of laparoscopy for removal of gallbladders. Because this new technique requires a lot of skill, it's a good idea to find a surgeon with sufficient practice doing it in animal labs or on people.

We also have available for our readers an updated list of sites where gallstones and kidney stones are removed by lithotripsy. Write to: Avoiding Surgery, *Medical Update*, 1100 Waterway Blvd., Indianapolis, IN 46202.

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5 reasons why most Americans may not be getting enough magnesium

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1. certain medications
2. a diet too high in protein and fats
3. alcohol consumption
4. age (50 or older)
5. an inadequate intake of magnesium-rich foods

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Remember: Not all magnesium supplements are the same. Slow-Mag® contains magnesium chloride, a slow-release form of magnesium that is reliably absorbed and used by the body. Slow-Mag gives you the magnesium your body needs.

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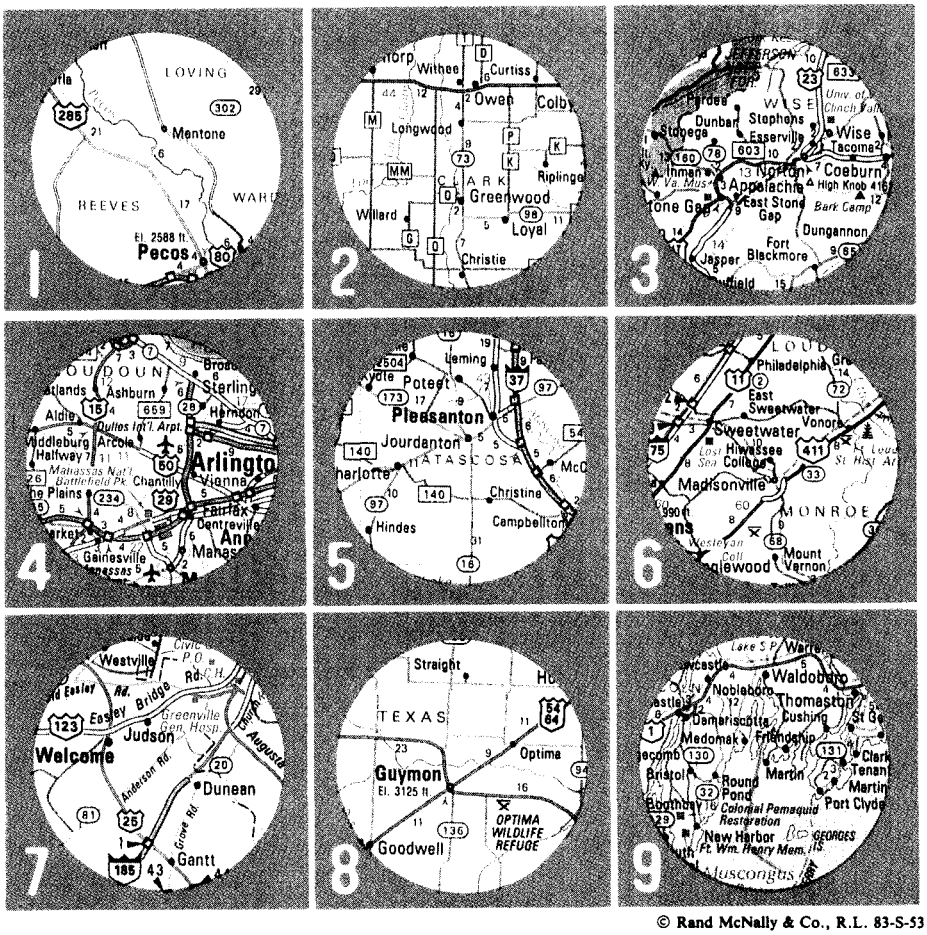
The Wisdom

continued from page 94

to have devoted his entire life to science, but he was too public-spirited to confine himself to that. He served very efficiently as deputy postmaster-general for the English Colonies for 21 years. He entered Pennsylvania politics early and became a member of the Assembly. He organized logistic support for British armies in the interior during the Old French and Indian War, and he represented Pennsylvania at the Albany Congress of 1754. Three years later, the Assembly sent him to England to try to persuade the Penn family to allow their millions of acres of wild land to pay a small tax to the province. *(continued next issue)*

To mark the bicentennial of Benjamin Franklin's death, the Benjamin Franklin Literary & Medical Society is offering its readers the limited-edition paperback *Benjamin Franklin Remembered*. Frank B. Jones, a director of the Society, chronicles Franklin's outstanding achievements and includes selected "Essays, Bagatelles & Satires" showing the man's remarkable personality.

Franklin buffs are asked to include a donation of any amount to help cover costs of keeping the Franklin memory alive. Help inspire the next generation with his wit and wisdom! Cyrus Curtis (founder of The Curtis Publishing Company) and his wife were so inspired by Franklin's accomplishments that they helped establish the Franklin Institute in Philadelphia. The Benjamin Franklin Literary & Medical Society of today is likewise dedicated to keeping the flame of Franklin's genius burning, just as it did in the Colonies more than 200 years ago.



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Where do you think you are?

East or West, North or South, each of the distinctive areas above appears on the map of a single city, state, or province. In terms of routes, state parks, mountains, and memorials, there is, as the saying goes, "no place like it." Can you identify these locations? If you or a friend finds the game too easy (but you won't), try to guess the theme of this month's map game.

(Answers on page 108)

The Enemy

continued from page 11

can even pertain to color. The same is true for the word "cholesterol." The federal government has issued guidelines on what "no," "low," and "reduced cholesterol" should be, but whether the guidelines have now become law is not the problem. The problem is that nonanimal products have never had cholesterol to begin with, and these foods are now being touted as "no cholesterol." People eat all kinds of snacks such as potato chips, cookies, pretzels, corn chips, and even peanut butter without considering that cholesterol and food value are two different subjects.

- Some polyunsaturated fats, known as "essential fatty acids," have to come from your diet, because the body does not manufacture them.
- There are "hidden" fats in many animal protein foods, such as fish, poultry, meat, and eggs, as well as dairy products.
- Lest you forget, here is the lineup of food heroes and villains for you to paste on your refrigerator door:

Choose Often

- All vegetables and fruits—except coconut
- Fruit and vegetable juices
- Pasta, rice, oatmeal, wheat bran, oat bran, other cold cereals, hot cereals, whole-grain bread, English muffins, pitas, bagels
- Skim milk, nonfat yogurt, low-fat cottage cheese, low-fat ricotta
- Egg whites (cooked), egg substitutes (cholesterol free)
- Pretzels, melba toast, and flat breads
- Skinless chicken and turkey (white meat); fish, clams, mussels, tofu
- Fruit sherbets, sorbets, ice milk, frozen yogurt, frozen fruit bars; angel food cake, jams and jellies, gelatin desserts; unbuttered popcorn, peanut butter in moderation
- Eight glasses of water a day (no fat, no calories, no cholesterol)
- Lean cuts of beef, lamb, or veal (loin and round cuts, fat trimmed off)

Choose Less Often

- Cheeses with five grams or less fat per ounce
- Shrimp and lobster
- Luncheon meats with no more than two grams fat per ounce
- Regular ice cream, custard-style

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All fifty Cartoon Classics have been meticulously reproduced on the finest quality VHS tape for years of viewing pleasure. Every collection is covered by the company's one year money back guarantee. There is a limit of two (2) collections per address at this price, but requests made early enough, (before May 1), may request up to five collections.

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To: One American Way, Roanoke, VA 24016

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yogurt, pudding pops
- Margarine, salad oil, salad dressings, light cream cheese
- Canadian bacon
- Biscuits
- Almonds, peanuts, walnuts, pecans
- Crackers with butter and partially or fully hydrogenated oils

Choose Least Often

- Butter or shortening made from saturated fats, lard and bacon fat, mayonnaise, palm oil, palm kernel oil, coconut oil, and coconut milk
- Whole milk, cream, sour cream, cream sauces and soups, custard, gravies, cheese with more than five grams of fat per ounce, regular cream cheese
- Whole eggs and egg yolks
- French fries and other fried foods
- Hamburgers; sausage; salami; bacon; hot dogs; spare ribs; fatty cuts of beef, lamb, or pork; organ meats; poultry skin; caviar and fish roe
- Potato chips, tortilla chips, and corn chips
- Rich pastry, croissants, doughnuts, and butter cookies; premium ice cream, milk shakes, chocolate
- Cashews and macadamia nuts

Salmon

continued from page 28

membrane from grapefruit shells. Drain salmon; break into chunks. Drain grapefruit sections; reserve 2 tablespoons juice for dressing. Combine grapefruit sections, pea pods, and celery; gently fold in salmon. Lightly toss with Oriental-Style Dressing. Spoon salmon mixture into lettuce-lined grapefruit shells. Serve with cracked pepper.

Oriental-Style Dressing: Combine 3 tablespoons vegetable oil, 2 tablespoons reserved grapefruit juice, 2 teaspoons vinegar, 2 teaspoons minced green onion, and 1/8 teaspoon *each* dry mustard and salt; mix well. Makes 1/3 cup.

*One package (6 oz.) frozen Chinese pea pods, thawed, can be substituted.

Can you name this picture?

. . . ***contest:*** $100 to the author of the winning caption for this picture. Your entry can be from a "one-liner" up to a limerick of five lines. Send entry on a postcard. *No* self-addressed, stamped envelope is needed. We will also award $100 to the photographer whose submitted photo is published in the next contest. 8" x 10" photos are preferred, along with a self-addressed, stamped envelope for return of photo if not used. Send all entries to: Photo Contest, *SatEvePost*, 1100 Waterway Blvd., Indianapolis, IN 46202. All eligible caption entries must be postmarked by April 15, 1990.

Our congratulations and a check for $100 go to Bill Sullivan, Torrington, Connecticut, for the winning entry in our October 1989 caption contest.

The blueprint is painfully clear.
Home plate must soon disappear.
But the team will sure try
To plea-bargain the guy
For a stay until late in the year.

WHERE DO YOU THINK YOU ARE?

(Answers from page 106)

1.) Loving Co., Tex.
2.) Loyal, Wis.
3.) Wise, Vir.
4.) Fairfax, Vir.
5.) Pleasanton, Tex.
6.) Sweetwater, Tenn.
7.) Welcome, South Car.
8.) Goodwell, Okla.
9.) Nobleboro, Maine

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Silent Heart Attack

continued from page 18

cells of the bones, the muscles and other soft tissues, and other body fluids.

Dr. Barry Crevey, associate professor of internal medicine at Indiana University and clinical cardiologist at Indianapolis' Methodist Hospital, is interested in research on magnesium supplementation for possible prevention of heart attacks caused by arrhythmias.

He told us, "Magnesium is essential for normal muscle functions, and muscle is rich in magnesium. Virtually every patient who has any significant amount of heart failure will be on diuretics, and they are set up for hypomagnesemia [low magnesium levels in the blood]. So we now see a new area of interest in cardiology where physicians are focusing on treating heart failure—not just arrhythmias, but heart failure itself—trying to improve the muscle function and pump function by administering magnesium."

For the past decade, Dr. Mildred Seelig has been telling us about the need for magnesium by athletes and her belief that unexpected heart attacks in healthy athletes may be caused by arrhythmias brought on by magnesium depletion. In the early 1980s she told us, "East bloc countries have been giving their athletes magnesium for some time as it is felt it also improves muscle function and endurance."

To the best of our knowledge, magnesium supplementation was not being used by U.S. athletes at that time.

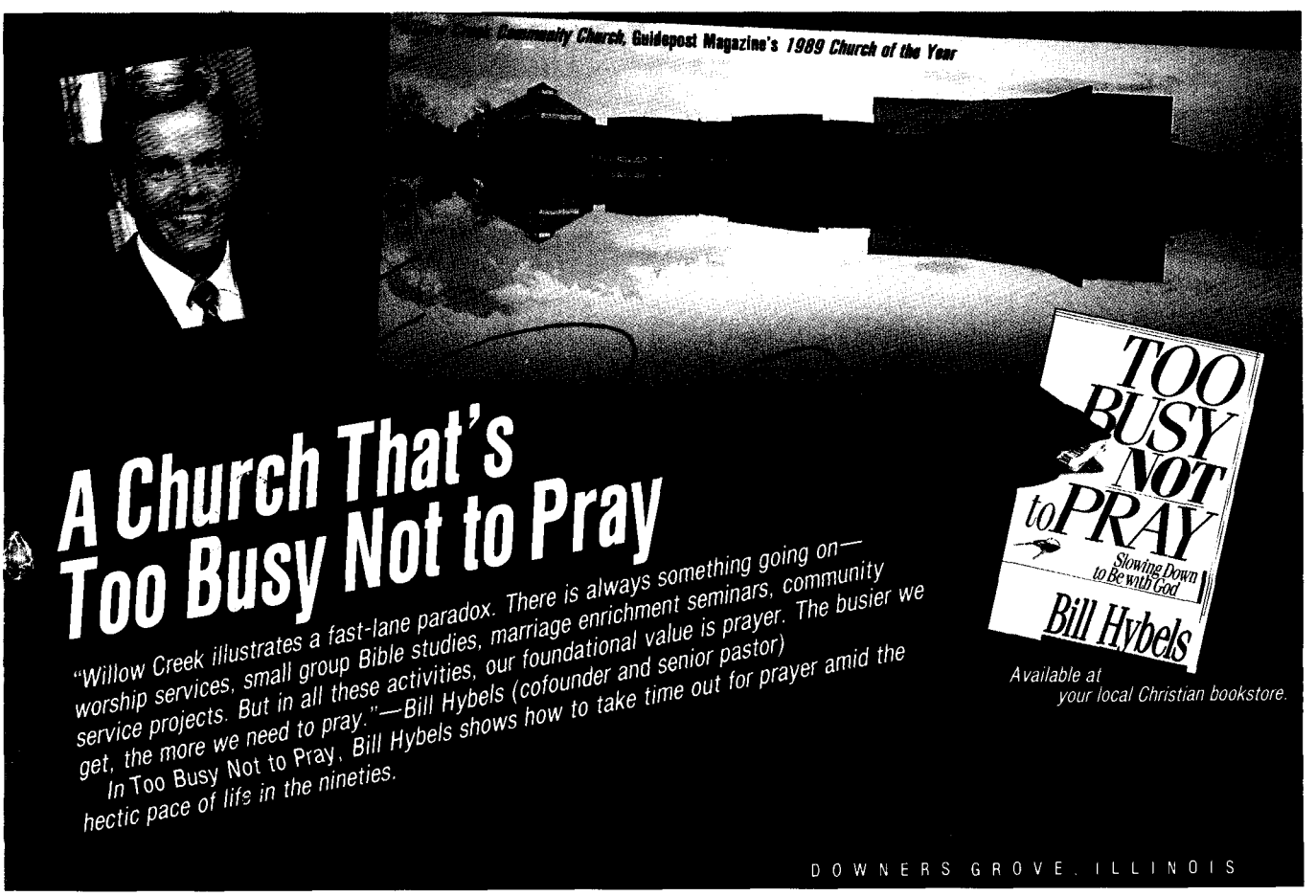
But Dr. Crevey told us, "A lot of attention is now being directed toward athletes, and magnesium repletion has become a very important part of almost all training programs. Athletes as a group tend to run low in intracellular magnesium—probably for a variety of reasons, and it is not just perspiration. Athletes are using large muscle groups, and magnesium is an integral part of muscle function."

Dr. Crevey is a runner. We asked him the crucial question: "Do you take supplemental magnesium?" He does. He told us he takes enteric-coated magnesium chloride daily.

Dr. Crevey was the first to tell us about a new test for measuring intercellular magnesium. He learned about it at a meeting of the American Heart Association in New Orleans last fall:

"They scrape some cells from beneath your tongue and place them on a slide. The slide is sent off to a lab, where it is run through a machine that basically uses X-ray defraction to measure the amount of magnesium in the cells. It's just amazingly accurate. I really think you're going to see all sorts of new things happening now in terms of magnesium. In fact, when I was there, they ran this on me. They were doing it for all the cardiologists. My magnesium turned out to be terribly low, which is typical for runners. So I put myself back on Slow-Mag. I am having myself tested again here in another few weeks. I feel terrific.

"One wonders why we didn't catch on to this sooner," Dr. Crevey said. "As you know, people who take certain kinds of diuretics often have loss of potassium, and many, many Americans are on diuretics and are taking potassium supplements. This is extremely common. But at the same time, the diuretics cause a loss of magnesium, and this works in several ways. It turns out that almost anything that causes the loss of potassium will tend to promote magnesium loss. It also turns out that diuretics will cause the loss of magnesium independent of potassium, so the two of these work together to lead to a substantial magnesium loss. And for years we've had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patients where we've had great difficulty maintaining their potassium, and then when we did maintain the potassium they would still have lots of trouble with arrhythmias, rapid irregular heartbeat. Now that the role of magnesium is becoming more clear, we find that when we supplement many of these patients who have advanced heart disease—patients who are on powerful diuretics, who have a tendency to lose potassium—their arrhythmias have become much easier to control. Some of the responses here have been positively dramatic.

"This [interest] began years ago when we would use magnesium intravenously, in the hospital setting for someone who was having recurrent, very, very serious arrhythmias that many times were intractable, and within half an hour of giving magnesium everything would just quiet down. Now we begin to see the same thing, although drawn out over a longer period of time, when magnesium is given orally, and in many of these cases the *serum* magnesium is normal, both before and after we give it, so we have to assume that what we're doing is raising the magnesium levels in the cells themselves. In fact, in many cases we don't even bother to check the magnesium anymore; it's just become a standard supplemental addition to someone taking diuretics."

We asked Dr. Crevey if he thought the new test would soon be available to doctors to check intracellular magnesium levels on all their patients taking diuretics. He told us: "The machine would very quickly become overwhelmed, given the number of specimens that are potentially out there. And that's why it will be important to have more of these machines and for them to become less expensive and easier to use. But we don't test the potassium levels of all the patients on diuretics, yet we routinely put them on supplemental potassium. I think we should put them on magnesium on the same assumption.

"I think the addition of magnesium chloride to the armamentarium has done a great deal to popularize the routine use of magnesium. It is well-absorbed by virtue of the fact that there is chloride traveling along with the magnesium. Virtually all of the magnesium that is absorbed is absorbed in the intestine; very little is absorbed in the stomach. It comes right across the intestinal tract and is absorbed better than just about any other magnesium preparation."

We asked Dr. Crevey about the advisability of supplementing magnesium intake for patients who consume large amounts of alcohol, to which he replied: "If one traces the awareness of magnesium in medicine, one finds that very early on, physicians knew that alcoholics do have trouble with low magnesium, and most young physicians learned early on to check the blood level in people who have high alcohol consumption. Often the blood level is low, but as we've already learned, if one has an obviously low blood level, one can pretty well deduce that one has an even lower cellular level. So the upshot is that alcohol very definitely leads to magnesium loss, both in the short term and in the long run."

Dr. David Lauler explained, "In patients with acute and chronic alcohol abuse, magnesium depletion occurs by osmotic diuresis induced by excreted alcohol molecules, that remove magnesium ions as part of the osmotic diuresis. The same phenomenon of osmotic diuresis is thought to play a role in the magnesium depletion that occurs in diabetic patients with overt glucosuria [glucose in the urine]."

We asked Dr. Crevey if he felt the magnesium loss from alcoholics' diuresis was more important than the malnutrition in this group.

"You often read about that," he said. "But even if alcoholics have good nutrition, they often have low magnesium. I daresay that most of us as cardiologists have a lot to learn about the average American diet. Magnesium is found in dark green leafy vegetables, and many individuals don't eat enough of those. To make the situation even worse, the modern cultivation practices often lead to a loss of magnesium. And most people today who live in areas where water is hard will opt for some kind of water softener. Water softeners are notorious for causing a relative loss of magnesium."

Dr. Richard Reinhart concurred: "The softening of 'hard' water removes variable quantities of magnesium and may contribute to reduced intake of magnesium." He added, "Dietary intake of magnesium in the United States may be less than the recommended amount, leading to a frank or borderline state of hypomagnesemia in much of our population."

The suggestion of a magnesium deficit in ischemic (lack of oxygen due to clogged vessels) heart disease patients is supported by Danish studies, which show that muscle and blood lymphocyte (white blood cell) magnesium concentrations are low in ischemic (lack of oxygen due to clogged vessels) heart disease patients.

Diabetics suffer from more heart attacks than nondiabetics do. When we asked Dr. Crevey about

The Perfect Squelch

Freddie, if not the world's worst golfer, often came close to being the worst-tempered one. Pros, partners, and caddies suffered when he had a bad day. This time, his hapless caddie bore the brunt of it. Freddie pointed out loudly and repeatedly that the youngster wasn't worth his pay, much less a tip.

On the eighth tee, in front of a long par-three water hole, Freddie studied the hole, eyed his assorted clubs, then snapped at the caddie, "Boy, what should I use on this hole?"

"An old ball, sir," the caddie said.

—Charles F. Adams

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that, he explained as follows: "We know that the magnesium ion has a strong effect on blood vessels. It tends to cause vasodilation; that is, the relaxation of blood vessels. So a magnesium deficit tends to cause the opposite, which would be a constriction of blood vessels.

"In fact, magnesium, given intravenously, is a time-honored treatment for eclampsia, which is a condition in pregnancy characterized by extremely high life-threatening blood pressure. I'm sure you gave plenty of magnesium in your training to women who were suffering from eclampsia to bring the blood pressure down and keep it down, and that's still being used."

A great deal of research is going on involving the efficacy of magnesium supplementation as a nonpharmacologic means of controlling blood pressure in hypertensive patients. The jury is still out while we wait for the research results.

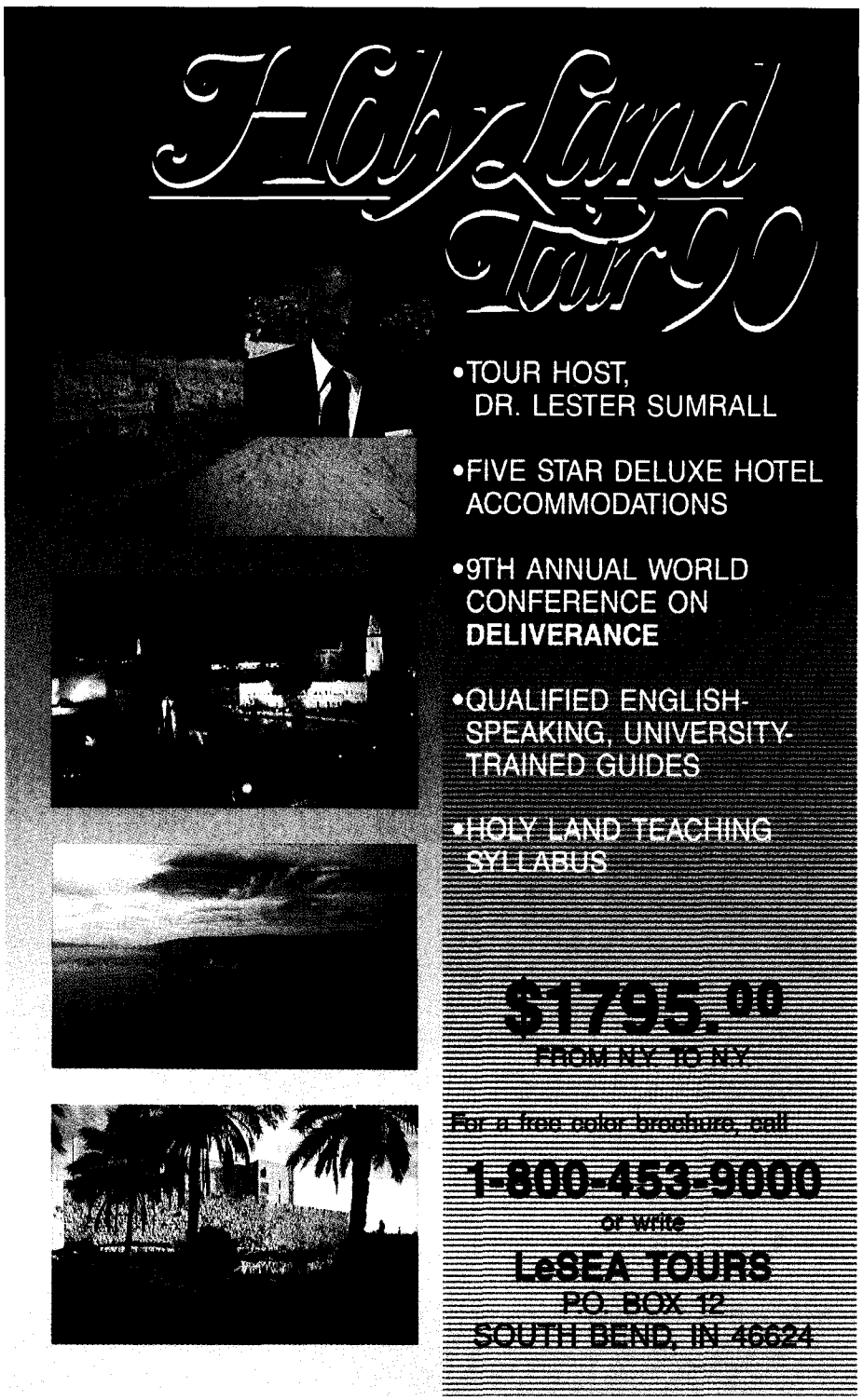
In the meantime, Dr. R. B. Singh, in *Acta Cardiologica,* has recently suggested that a *diet* rich in magnesium may be used for prevention of hypertension in predisposed communities because of the other advantages of such a diet.

Dr. Lauler reported in the *American Journal of Cardiology*, "Clinical and research evidence continues to accumulate that magnesium deficiency likewise contributes to triggering ventricular ectopic activity and sudden cardiac death. The magnesium ion is emerging as a premier cardiovascular cation." According to Dr. Lauler, "The most frequent causes of magnesium depletion in cardiovascular medicine are diuretic drugs. Other causes of magnesium depletion include impaired intestinal absorption, chronic diarrhea, renal loss due to diabetes, alcohol abuse, and excessive sweating."

Dr. Sandvad Rasmussen of Denmark reported an interesting double-blind, placebo-controlled study in the May 19[illegible] *Archives of Internal Medicine.* Forty-seven patients with ischemic heart disease and acute myocardial infarction were given three months of treatment with oral magnesium or a placebo. Before, during, and after the patients' treatment, blood samples were taken to determine their serum concentrations of cholesterol; triglycerides; and high-density, low-density, and very low-density lipoprotein levels. Triglycerides, and thereby very low-density lipoprotein concentrations (the very bad cholesterols), decreased by 27 percent after the magnesium treatment as compared with much smaller decreases in the placebo group. Likewise, the researchers found tendencies toward an increase in high-density lipoprotein cholesterol (the good cholesterols that lessen one's heart attack risk) after the magnesium treatment.

Dr. Edmund Flink of the University of West Virginia found that during hypomagnesemia (low magnesium blood level) the concentration of free fatty acids (FFA) in the blood is elevated. This is important because elevated FFA levels cause an increase in the oxygen need of the myocardium (heart muscle).

"All this information indicates that hypomagnesemia is accompanied by lipid metabolism disturbances, which lead to pathological changes of blood vessels," Dr. Flink said.



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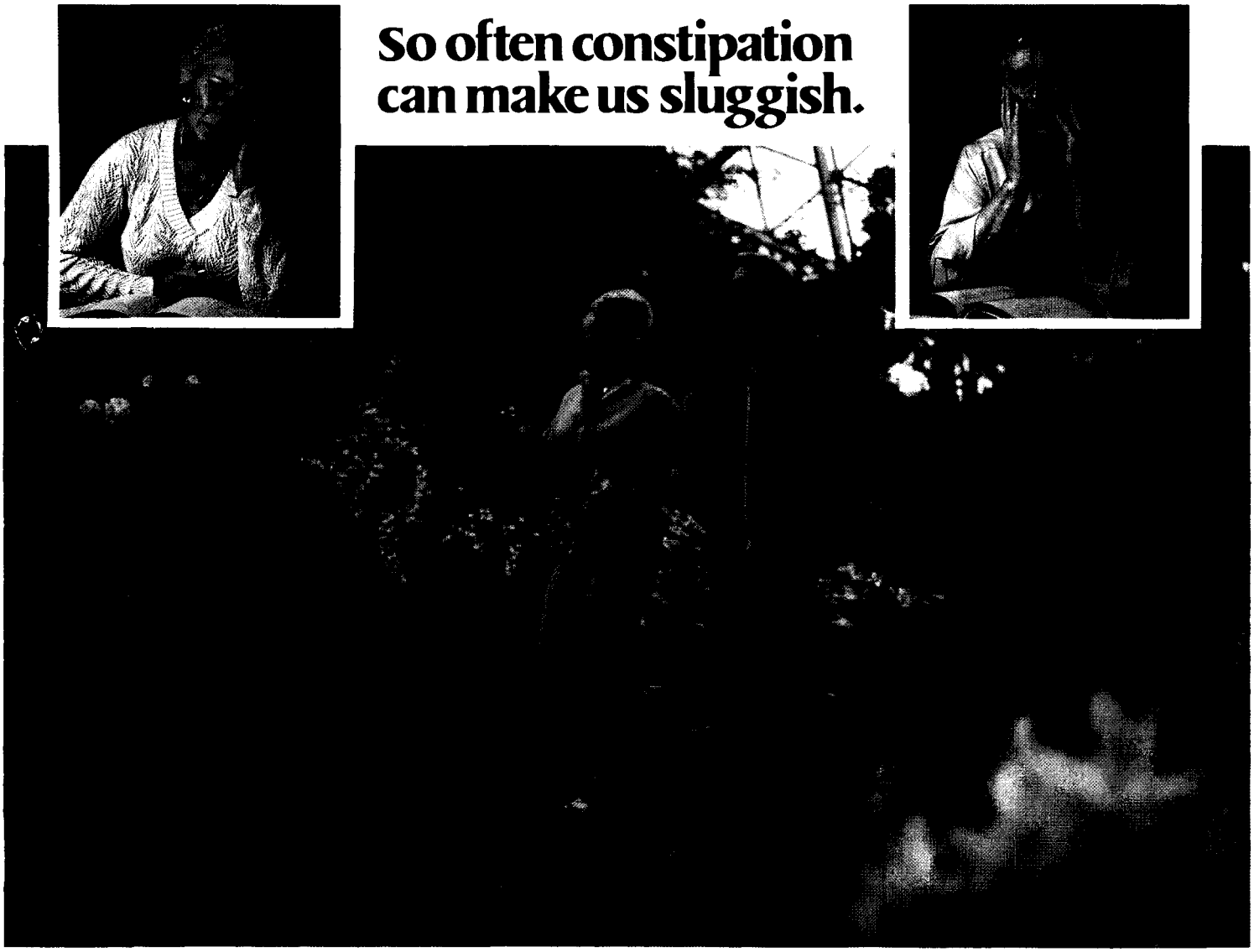

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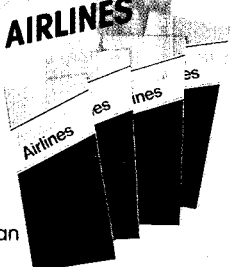

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